

On Unhealthy Social Media Use / If Epicurus Were Alive Today, Would He Use A Smartphone?

Post by “Elayne” of January 15, 2021 at 6:23 PM

[Cassius](#) apophenia was correctly described by [Matt](#) -- it's not gullibility. It's like seeing a face in a piece of toast and having the sensation it means something. I say sensation because it's not a rational process-- it's much faster than that. It's our pattern recognition function. In diseases like schizophrenia, apophenia can be extreme-- the whole environment full of apparent signs and portents. But it happens to typical people also. If I saw the same article Matt saw, which I won't post bc political, a game designer described how a group was convinced some irrelevant wood shavings on the floor of a basement were in the shape of an arrow, so they tore into a wall expecting to find more clues. Great article!

It's relevant to us here because pattern recognition is tricky for us. We all see more patterns than are present-- more cause-effect event connections. We blame the fast food place for a virus bc we ate there, etc.

Smartphones and social media can amplify pattern errors. I'm sure Epicurus would have something to say!

That article also discussed epiphany, the "aha" moment, as addictive. I can see that ☐☐. Maybe it would be a pleasure to be cautious with.