

# Joshua's "Only The Beginning" Observation

**Post by "Matt" of January 11, 2022 at 1:38 PM**

I have a situation like that too, but his is very much inspired by internet related ideologies. Oddly enough he'd be far more "normal" had he never become so invested in the internet lifestyle that consumes nearly all of society today. I had to remove myself from all forms of social media (except for this forum) to cut off the constant negative energy.

And I don't attribute this to me or anyone being overly sensitive either, but rather a simple psychological truth that constant exposure to negative people, news, conspiracy theories, apocalyptic narratives etc. can have a detrimental chemical impact on our psyches...especially since there is no reprieve from it 24/7.