

The Process of Pulling Out Of Facebook

Post by “jbaker” of March 26, 2018 at 5:06 PM

I see no real reason to delete my facebook account at this time, especially since facebook has made it an open secret that they never delete anything permanently in my jurisdiction, but my desire to revisit it has reduced to near imperceptible levels. I am less concerned about their profiling of me than I am the psychological manipulation leveraged against its users. I have seen their profile on me, they do not know me well at all but that doesn't stop them from trying to manipulate me into something I'm not. I have seen an effect on my outlook and general well-being since avoiding it and I am pleased with the result. It's very similar to the feeling of freedom that I experienced when I turned off the television for the last time.

The calculus is clear to me, facebook isn't helping me accomplish my goals. While I haven't been nearly as active here as I was on the discussion groups, I am glad for the forum and hope to participate more in the future as time and inclination allows.

Peace and safety, friends!