

Why I Left Facebook

Facebook is an overbearing, stressful addition to our everyday lives. Not only is it time consuming, but there is also a constant pressure to be liked.

Facebooking makes me seek approval by so-called "friends" who may or may not even know me in real life. I

think Facebook is becoming more of a reality than reality itself, and that is frightening.

Why I left Facebook.

I have decided to leave Facebook permanently and delete my account. The social-model provided by this site is unreal to the point of being unhealthy.

Our personal and inter-relationships with one another should not require software between the persons involved. The posts are filtered to be a public relations release which contain, generally, only the positive aspects which are socially acceptable to a wide audience.

The real events of our lives, the true daily drama, is hidden from Facebook and therefore from each other. It makes us feel connected and yet neglected by our "friends".

WHY I LEFT FACEBOOK:

I finally decided to leave Facebook because it's too time consuming. When I am bored or want to relax, too often I find myself scrolling through my newsfeed to see what others are up to. It's a waste of my time and I should be doing other things such as running & working out or hanging out with friends. It also has become cluttered with useless announcements that I don't want to constantly be bothered with.

Why I left Facebook

I left facebook because I wanted to personally interact with people and make an effort outside of the Internet. I want to be more productive with my time so I can minimize my own distractions from social interactions, family time, travel, and more than that. I want to engage more with the world, the people in it, and with myself so I can figure out what I want to leave behind when I'm gone, and what I want to do when I'm living without a mainstream connective website.

Why I Left Facebook.

I am leaving Facebook because it is almost an addiction to most people. You get so caught up in how many "friends" you have and who they are. Some you may actually be friends with but some just happen to be people you know. Some may even be complete strangers. Facebook is a way of creating an identity that can be as real or as fake as you want.



Why I Left Facebook!


3/5/2014
PHIL123

I left Facebook because I wanted to change who I was/have been. I've had an inferiority complex for the longest time and Facebook only seemed to amplify it. Whether it is conscious or unconscious, I ultimately compared myself to my "friends" on Facebook, asking myself question like "what am I doing with my life", or, "Why am I not as adventurous as him/her/they?", I could do the same, but people either don't care or it just passes their feed, Instead of ~~live~~ show how I live through Facebook, I'll live through life as it happens,

Facebook was one of the many vices ~~at~~ that controlled who I was, You may say I never had control, or I was willing to be controlled, or even that I am using Facebook as an excuse and I'm avoiding self-advocation, and you may be right, However, nothing can change the fact that I'm learning to live life, if not already full-fledge living, and I'm generally a happier person. I no longer feel nearly as inferior, but if I ever do, I use it as motivation to improve,

Why I Left Facebook

I guess that the real reason I left Facebook is that I never really cared about it. I got onto it because my friends wanted me to. Peer pressure. But the thing is, usually I'm not responsive to peer pressure. If the people weren't even really there, I'm even less likely to do something. So I just kind of left when people stopped talking about it in real life. I lost interest.



WAY I LEFT

Facebook ...

The time it takes to check up on everyone and notify that I did so is nothing more than a wasted effort. Everyone desires excessive recognition for everything they like to do, whatever it is they actually do, but it is rarely out of this limiting context that we communicate. I am leaving Facebook simply because I want real relationships with real people. Those of you care to keep in touch with me can do so with e-mails, phone/Skype calls, or through physically meeting me somewhere.

Thanks!

Why I Left Facebook

I decided to leave Facebook because I realised that I would rather spend my time with the people in my life directly. While I think Facebook can be a tool for friendship I also think that the communication is always a little contrived or fake. It never seemed real to me. I think that being together in person, with the people I actually think of as my friends is more important than the time I spend on Facebook.

Why I left Facebook

I see Facebook as a waste of time and no longer see any reason to remain on it. I get friend requests from people I don't even know and I'm pretty sick of getting Farmville game requests.



WHY I LEFT FACEBOOK:

DEAR FRIENDS,

I LEFT FACEBOOK BECAUSE I WASN'T USING IT FOR ANYTHING USEFUL TO ME ANY MORE. I WOULD WASTE WAY TOO MUCH TIME LOOKING AT THE PROFILES OF OLD FRIENDS, MAKING ASSUMPTIONS THAT WERE PROBABLY NOT ACCURATE. THE ONLY THINGS I USED IT FOR WERE TO COLLECT PICTURES OF MYSELF AND LEARN ABOUT UPCOMING EVENTS. I REALIZED THAT I WAS WASTING MORE TIME THAN I WAS GAINING BY OWNING A FACEBOOK PROFILE.

Why I Left Facebook

PHIL 123

I am leaving Facebook because the time I spend there only positively enhances my life about 10% of the time. While I sometimes can use Facebook to organize events with my friends at different colleges, we could do that just as easily through call or text. Also, after being on Facebook, I am usually more lonely or irritated than I was before.

I also don't like the "like culture." I'd rather make an effort to talk to people I'm close with, rather than lurk on a wall about ~~their life~~ their life. On Facebook, a friend is anyone who responds to a "friend request," and my true lifelong friends aren't just anyone. My relationship with my friends is more than an overused, undervalued word. My friends are more than that. So much more.

Why I Left Facebook

I left Facebook because I feel it is a waste of time overall. If I want to get in contact with certain people, I can use my phone. I also don't really want whatever I post to be broadcast to everyone on my friends list.

Why I Stayed on Facebook

1/1/11

I changed my mind about staying on Facebook because it is a good source of cultural memes in the virtual community so much of us take part in. Small bits of news (whether it be pop-culture or politics) is shared in this medium & I feel it is more beneficial to remain plugged-in, ignore the garbage & to procure a meaningful truth, that drops out from this network



Facebook was actually the first social network I joined back in middle school, which is a big reason I stay with it today. It is also the primary way that my friends and I organize events and plans, through the use of Facebook's group and event systems.

Why I
stay

It is extremely helpful to UO Wushu, the club sport I participate in, for organization and announcement.

On top of that, it is an easy and simple way to leave messages for friends, and to stay in touch in general.

Why I Left Facebook

Dear friends,

I have decided to leave Facebook in respect to my privacy. I do not support a company that collects mass information from its users, then which is sold for their profit. Furthermore, Facebook is detrimental to the way I connect with friends. It replaces the need to have traditional communication between friends. My newsfeed is filled with trivial and unimportant information about people I don't care about, considering I am only interested in about 20 of my hundreds of "Friends". It's time for me to reevaluate what "friends" truly are.



~~PHIL 123~~
PHIL 123

March 7 2014

Why I left facebook

I left facebook because I'm tired of checking my account frequently. Clicking "like" everytime friends post something I felt I was wasting my time. I wanted to be free from such compulsory feeling. Also I don't care ~~whom~~ whom birthday it is. I didn't want to know friends which is only on facebook had a good birthday. Moreover, I had not posted many things so leaving facebook did not affect my life.

WHY I LEFT FACEBOOK...

IT WAS A DISTRACTION FROM LIVING MY LIFE TO THE MOST, A BARRIER FROM TRUE CONTACT AMONGST INDIVIDUALS, AND SOMETHING CRUCIAL TO MY OWN IDENTITY.

Why I left Facebook

I decided to leave Facebook because I got tired of mindless gossip that had no redeeming qualities. I have much more life to live in a cyber world where people hide behind their computer screens.

[Redacted signature]

3/7/2014

I left Facebook because I don't like to constantly see pictures of distant acquaintances online. It makes me feel creepy, as if I'm allowed intimate information in their lives that I don't naturally deserve. Furthermore, I feel self-conscious about pictures of myself online being available to all people at all times. Since everybody's pictures are online and I know everyone looks at them, I become hypercritical of myself and others. It creates a subconsciously hostile environment between people, especially women, based on appearance.

On top of that, I feel like third-party sites gain a lot of information about me from Facebook. I don't know if I'll ever regret putting so much information on Facebook, but it's certainly the site I've put the most information into.

It's unusual to me that there's a website that almost demands everyone to use it. If someone doesn't use Facebook, it's considered unusual. Any business (or website) that has such an incredible monopoly is something to be careful and aware of.

Why I left Facebook

Dear Friends,

I chose to leave Facebook because I no longer see it as a productive use of time. The people who post frequently are not people I have any interest in, and I now feel like I am wasting time using it. My profile is outdated, and no longer really properly represents myself. My profile is too childish, and not professional enough. My photos and likes are things of the past. So I say farewell to Facebook, and hello to Twitter!

Why I Left Facebook

Facebook does not excite me anymore. I tried my best, I really did. But the more I try, the less I can bring myself to care about the inane kitschy illustrations of my "Friends" lives. I have found that where Facebook attempts to bring people together, it instead separates and alienates. Facebook provides a forum for people to highlight the best aspects of their lives, and pass off this creation as a true representation of their lives in their entirety as such. The result is a series of carefully selected smiling and excited moments that serve essentially to advertise a life. This image fails to display the anguish of people, the turmoil, the fears, the struggles, the shit of life. In this way, Facebook becomes the ultimate ~~hidden~~ manifested. This causes people to feel alienated and alone in their struggles because their real lives can never compare to the seemingly endless joy and excitement of the ~~un~~ inflated golden virtual lives of their Facebook "friends". Facebook has the power to, at times, convince us that we are alone in our sufferings.

In its essence, Facebook seeks to commodify the human experience in such a way that it reduces the incredible breadth and depth of the human emotional experience into a series of "likes" and comments. "Likes" which the website then uses to bombard the user with lucrative targeted advertising. In other words, Facebook has convinced us to voluntarily give over our interests and preferences, such that we can be more effectively marketed to. Facebook is not a place for friends, but rather a place for captive consumers. In effect, Facebook has integrated our social experience with consumerism, and in the process, has reduced our identity, our human experience, to a series of mundane online behaviors that can be packaged, bought, and sold. This represents the ^{greatest} and most nefarious triumph of capitalism: the reduction of the human experience to commodity.

Perhaps most terrifying of all is the way in which Facebook allows us to become passive observers in our lives, to reduce our social experience to simply passing "like", or scrolling through a series of images. In this way, Facebook allows us to avoid risks inherent to authentically engaging with and fully taking up our interests, passions, and friends. Care about political corruption? Why leave the comfort of your room and risk your health and liberties to take up protest, when all you need do is simply "like" the Facebook event, or the inflammatory image. Convince yourself that you are helping to "raise awareness". Surely the powers that be are shattering in fear at the might of your "like". Surely if the photo of the emaciated African child gets only 100,000 likes, the global community will have no choice but to respond and Africa will be saved. In effect you have done nothing in this action, and have in fact done yourself a terrible monumental disservice by willfully reducing the strength of your voice and the force of your conviction to a "like". And what about your friends? Are you really checking in with them by simply scrolling through their pictures or their "News Feed"? Facebook allows us a cheap way to feel a vague connection with our "friends" without really having anything at stake in the friendship, without having to risk vulnerability, to really engage in a relationship with another person and endure the subsequent exposure and possibility of pain. This experience of allowing yourself to be vulnerable in a relationship is among the greatest possibilities of the human experience because in the face of our uncertainty and vulnerability we strive; and in this struggle we find passion.

I left Facebook because I no longer wish to reduce my life to anything less than the genuine expression of my passion.

Why I Left Facebook:

The main issue I hold with Facebook is the fact that I struggle to interact with it in a productive manner. Not only is Facebook an incredible waste of potential productivity and the source of my most desperate attempts of procrastination, but it also is a medium that has manifested into an appropriation of our social realm—and it is not necessarily beneficial to our lives. It is a platform that we tend to use to satiate vanity and foster superficial interactions. It has also caused the expectation to recreate one's self through their profile, and with limited tools of expression, we are forced to simplify our multifaceted self into representing distinctive stereotypes so people can "get a feel" for who we are.

Aside from the obvious implications of Facebook's questionable privacy policies, Facebook is widely seen as a safe space for posting intimate photos and posts about one's life, and I'm not too sure if I want my online identity to be dictated by party photo from 2010 or an embarrassing text post that I thought was absolutely hilarious two summers ago. I also don't like putting so much effort to abide by what is considered to be "acceptable" or "expected" for proper Facebook posting.

Why I Left FACEBOOK

I left facebook because it was a dumb distraction that I honestly think made me retain facts ~~that~~ about people that I don't know/care about. Also because I only really used facebook to check on how attractive the girls my buddies slept with were... LOLZ


I WILL BE CLOSING MY FACEBOOK ACCOUNT (DATE)

"Why," YOU MAY ASK? HERE ARE MY REASONS:

- I WOULD LIKE TO REALLY KNOW YOU, RATHER THAN SKI THE EDGES OF YOUR LIKES AND DISLIKES.
- THE ILLUSION OF COMMUNITY IN FB IS JUST THAT: AN ILLUSION, IT'S NOT REAL. I DESIRE A COMMUNITY I CAN ENGAGE WITH IN REAL LIFE
- NOT ADDRESSING THIS DESIRE RESULTS IN A PERIPHERAL EXPERIENCE LEAVING ME FEELING ISOLATED AND LONELY.
- FB ALLOWS ME TO GRAZE THROUGH NEWS FEEDS, BUT THAT IS NOT ENOUGH. MY GENUINE THIRST FOR KNOWLEDGE IS BETTER MET BY SEARCHING OUT INFORMATION IN FULL.
- FB DOES NOT ALLOW ME TO EXPRESS WHO I AM FULLY - IT PROMOTES BOXING PARTS OF MYSELF INTO ILL FITTING COMPARTMENTS.
- PROTECTING MY PRIVACY REQUIRES TOO MUCH ATTENTION/MAINTENANCE.

I WILL MISS ENGAGING WITH MY FRIENDS ON FB IN THIS WAY, BUT AM LOOKING FORWARD TO MORE REWARDING TIME SPENT.

PLEASE MESSAGE YOUR PHONE NUMBERS &/OR EMAILS IF YOU WOULD LIKE TO KEEP IN TOUCH!



Why I left Facebook

Dear people of Facebook, I am leaving Facebook because I have realized that it is slowly but surely taking over my life. It has increased/developed/sponsored my internet addiction and now I must put myself through social media rehab. I'm sorry for my grandma and BFPs because now you can't see what I'm doing, or even lack of doing with my exciting life anymore. I promise that I will continue to personally update all the actual close people in my life with my major life events, except now without a cute cat and/or lord of Rings meme to follow. Facebook caused me to not focus on school work and the world around me because I was so caught up on my Facebook and internet world. Now it is time for me to focus on my real life and not worry about how many people "like" it.



Why I left Facebook



The terms of service pisses me off.

Why I left Facebook

I left Facebook because it became a means of social comparison instead of connection. Granted, I did message my close friend and it kept me up-to-date on what was going on in my small social world.

It became a time suck that trumped all others. I would go to do anything else on the web and would find my fingers typing Facebook without meaning to. If I do manage to focus my attention towards something else, it only takes a matter of minutes before I find myself steeped back, absently mitigating the lives of people I've never really known.

On a less narcissistic note, I hate the idea of some ad agency pimping my information like a virtual prostitute. Not due of grandeur, but because of the business perspective I've gained attending the U of O. I'm helping fuel the fire that we all need to try and put out.

Why I Left Facebook:

I have been a member of Facebook since the 8th grade, and over the years I have spent an uncountable amount of hours on the website. It has become an activity that I do when I'm bored, and a distraction from things that are more important and happening around me. That is why I have made the decision to deactivate my account. I would like to see how I can better use my time, and also see the effects of regaining hours of my life.

Why I Left Facebook:

As hard as it was to pry Facebook from my reluctant fingertips I had to do it. It's amazing at how fast of a reality check you get when you look at the clock and realize that you just spent an hour straight cyber-stalking a friend of a friend of a friend. It all starts with a picture your friend posts of them with a mystery person. 1 hour later you are looking through a "Summer 2010" album of that friend's mystery friend's boyfriend's friends. You seriously just spent an hour looking through someone's photos who you have never met in your life and you begin to wonder, Is this what my life has come to?

Say no to cyber-stalking.
(It's just weird)





Why I Left Facebook

The culture of social networking sites has become absurd on Americans as a whole.

There are times when I fear taking my eyes off of social media due to the instant refreshing of important information. Facebook has become my entire life and I have decided to leave it over and over.

While I was still on Facebook, my morning routine consisted of waking up, getting in the shower, brushing my teeth, and walk to class. In between all of these activities I would be checking my phone to make sure I had no more notifications on my social networks sites. This constant scrolling through my "news feed" made me exhausted by the end of the day





facebook became a place
where I propped up a false
image of myself that tried
to impress others, not improve
myself.

Why I left Facebook

Ben Llewellyn

The only reason I use Facebook is to stay in contact w/ a select few people— mostly those who are overseas—

Leaving Facebook will do me little harm as long as I leave my email on my profile.

Although, I will not delete my profile.

why I left Facebook

I left because I spend my time
mindlessly scrolling through my
feed. It is a waste of time.




Why I left Facebook,



I am writing this post knowing I will lose contact with you all over the next weeks/years. I just feel like this piece of technology I don't really feel the need to know who dumped you, who stole your sexual companion or be involved in gossip. For that, I am done.





Why I left Facebook

I left Facebook to attempt to create a more genuine social life for myself; Talking person-to-person generates more sincere relationships, and creates bonds that can't be formed through reading a text form of someone's life.

Why I left Facebook

As of late, I have decided to deactivate my Facebook account.

It has been a pleasure for me to be a part of this encouraging and supportive community, but I find myself unable to withdraw myself from Facebook for more than a couple of days at a time. Because of this, I feel it is wisest for me to cut myself off from the temptation entirely as to focus this time and energy into school. I want to thank everyone for your entertaining posts and messages over the years, if you would like my phone number then please message me on Facebook before (date).

Why I Left Facebook

Facebook is a worrisome timesink. With the amount of time mindlessly skimming my feed, I was always left with a feeling of worthlessness when I logged off. The pull to log on and skim was like an addiction, but now it's as if I had built up a tolerance to the high, and was left pouty lipped in my computer chair. The potential for get togethers feels squandered when a vast majority of posts are passed over by your "friends". Not enough "friends" are true friends, and instead of engaging, they only hope for others to engage them. If only 4-5 people out of some 400+ ever actually communicate with you, the almost imaginary loneliness is amplified.

Why I Left Facebook

Phil. 123

I left Facebook because of issues concerning privacy. After reading the whole terms of service agreement, I realized that I was voluntarily surrendering much more personal information than I was comfortable with. While I may not be posting any of my valuable intellectual property, the thought of Facebook being able to claim ownership of any of my posts makes me feel uneasy. Facebook may have been a simple way for me to communicate with my friends & family, but the fine print in the T.O.S. convinced me that it was not worth being a part of.

WHY I LEFT FACEBOOK

THERE COMES A TIME AFTER AIMLESSLY SCROLLING THROUGH YOUR FACEBOOK NEWS FEED FOR 30 MINUTES WHEN YOU ASK YOURSELF: WHY ARE YOU DOING THIS? I'M NOT INTERESTED IN 99% OF THE STORIES AND PICTURES I SEE IN FRONT OF ME AND THE 1%. I AM INTERESTED IN ONLY ENTERTAIN ME FOR HALF A SECOND. SO WHY DO I DO IT? THAT QUESTION IS WHAT MADE ME DECIDE TO LEAVE FB. IT SHOULD BE A GENERAL RULE IN SOCIETY THAT ONE DOES NOT CONTINUE TO DO SOMETHING THAT DOES NOT BRING THEM EITHER INTELLIGENCE, EMOTION OR TRIBUNQUILITY. FACEBOOK SERVES NONE OF THESE PURPOSES.

- ANONYMOUS

Why I am Leaving Facebook

I am leaving Facebook because it has brought out the worst in me as an individual. It has lost the value it once had, and the fun of staying connected to friends. Facebook is bad for my health. It depresses me when I see tons of advertisements and unrealistic or photoshopped pictures of girls that are depicted as a man's "dream woman" and I know that I will never look like that. It hurts women to know that they won't fit that image. Facebook also lowers my self-esteem when people receive more likes than me or has more friends. All it does it make people want to be more popular and it is detrimental to a person's mental health.



Why I left Facebook:

Dear Facebook,

Today I am starting my quest of a life without you. You have brought me together with my friends out of state, you have connected me with events and hobbies I would have never found on my own, and you have made my best memories stick but you bring me down as well. When I get on my computer, I always check to see if I get a notification, friend request, or message right away. It is almost like a drug to me if I have one of those semantic notifications. They release dopamine from my brain but if I don't receive one I feel unloved and numb. Without you I might miss a Facebook event but I know fate will lead me the right way without. Instead of letting you dictate my life I am going to go out into the real world and make tangible things happen. I might not get a like or a comment but I will be making a difference.