



FOLLOW US

STAY CONNECTED

Submit Email, Press Enter

PERSPECTIVE

What I Learned After Quitting Social Media For 4 Months

By Alexa Goins | April 5, 2015

0 Comments

Like 12 Tweet G+1 0 Pin it 8

It's been roughly four months since I made the decision to quit social media. While I wanted to quit for good, some academic-related circumstances have forced me to temporarily leave behind my blissful hermitage and rejoin the world of status updates and selfies. So before I make my return to social media, I want to share some of the lessons I learned during my time as a social recluse. Here's what a millennial learned after quitting social media.

DON'T COMPETE FOR THE COOLEST LIFE, JUST DO WHAT YOU LOVE.

After logging off my social media accounts for the last time back in January, I stopped caring about what was "cool". I became a bit of an Internet recluse, but I loved it. So often we're competing and posting and measuring who has the coolest/best life. But we're only using highlight reels to make our comparisons and we only see part of the picture so the comparisons really aren't accurate. It's an inaccurate, incomplete and unfair competition with no real winner.

I think millennials, as a generation, would be much happier if we all stopped comparing our lives with everyone else's. When you start focusing on your own life and how amazing it truly is, you'll feel a lot more content with what you have. Most of us millennials seem to be striving all the time and trying so hard to be whatever it is we think we have to be. But please know that you don't have to. Celebrate your life for all of the things you love *about it* and all of the people you love *in it*.

CELEBRATE YOUR LIFE
FOR ALL OF THE
THINGS THAT YOU
LOVE *about it* AND ALL
OF THE PEOPLE YOU
LOVE *in it.*

WHEN YOU STOP CARING ABOUT WHAT EVERYONE ELSE IS DOING, YOU'LL CONQUER YOUR FEAR OF MISSING OUT.

In the past four months, I've done things I never imagined I'd get the chance to do in college. And I honestly don't think I would've been able to accomplish them had I not conquered my FOMO. And if anything perpetuates FOMO, it is social media. Pre-sabbatical me was afraid to miss out on what everyone else was doing. There was a time when I never wanted to leave campus on weekends or go home for long weekend breaks because I didn't want to miss anything that might happen while I was away. I passed up the opportunity to spend last fall in Paris because I was worried that I'd miss out on what was happening on my little campus in Kentucky.

Post-sabbatical me learned that you have to be brave, you have to take the bull by the horns and go after what you want, every time. No excuses. Life is too short to miss out on the opportunities we're given. Fear is never a good enough excuse to not do something. The only way to get over FOMO is to not care. Stop looking around at what everyone else is doing and focus on what you really want. Once I did that, there was no stopping me. If you know me, you know I'm pretty bad at making decisions, but post-sabbatical me can make a decision in a heartbeat because I'm no longer worried about what everyone else is doing or if I'm going to miss out on something. I know myself better and I know what I want. And this time, I'm going to Paris.

To alter a line from my all-time favorite movie, "Never let the fear of *missing out* keep you from playing the game."

NEVER LET THE FEAR
OF **MISSING OUT** KEEP
YOU FROM PLAYING
THE GAME.

APPROVAL IS A WORTHLESS PRIZE. DO SOMETHING BECAUSE IT MAKES YOU HAPPY.

"Likes" mean nothing. You might be thinking "well duh". But on social media sites, it's easy to get caught up and subconsciously start seeing them as a way to measure your worth or get approval from others. Of all the lies social media tells us, this one is the

biggest. Once I quit, I started doing things because I was excited about them or because I genuinely enjoyed them. I was doing all of these cool things that before I would've needed to document so that I could post it on social media and get approval from my "friends". It was an unnecessary ego boost to have people constantly telling me how great or pretty or cool I was via likes, comments, retweets, etc.

Quitting was in some ways an ego detox. I never considered myself to be a self-absorbed person, but I realized how self-centered I actually was after I quit. Without a way to get instant approval from others, I had to do things for myself. I had to stop living for other people. Not in a selfish way. But I had to rewire my thinking so that I was caring genuinely for other people instead of just caring about how they made me feel or what they could do for my ego. And I had to genuinely care for myself and remind myself that I didn't need anyone's approval in the first place.

RELATED ITEMS [asbury university](#) [facebook](#) [instagram](#) [Quitting social media](#) [social media](#) [twitter](#)



Alexa Goins

Editorial Contributor, Asbury University

Major: *Journalism with minors in French and Public Relations*

Her heart belongs to: *Jesus Christ, France, concert-going and her dog, Jake.*

Her guilty pleasures: *Driving her stick shift VW with the top down on a sunny day, boy bands and watching The Bachelor shamelessly.*



← **Previous Story**

Our Hobbies Shouldn't Just Be For "Free Time"

Next Story →

The Double Standards Of Bullying In Media

YOU MAY ALSO LIKE...



When It Comes To Future Employers, You Are What You Tweet



"Ew, Don't Post That!" When Is It Fair To Post A Bad Group Picture?



Are Political Facebook Debates Reallly That Worth It?

LEAVE A REPLY

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *