



Cool

Showing other social networks?

Experts destrinçam the effects that overexposure of personal information can have on the lives of users

IMAGE

NETWORKS

naoassistio

BEHAVIOR

DANILO BEARD



56

Curtir

15

For women, Facebook, Twitter and Instagram are tools of communication, expression and openness to personal information sharing. Already "Men, on the other hand, use the tool to collect information they need to build influence and gain power," assures Dr. Lisa Strohmman, a psychologist at the University of California and founder of Technology Wellness Center, one of the first organizations dedicated to addiction and abuse of technology across the globe. "Social networks help to do research, get relevant contacts and eventually raise their status."

Searching for approval

According Strohmman, the two most affected areas are our emotional and interpersonal buildings. "Users emotionally shaken tend to become more dependent on social networks for external validation, and can become obsessed with post and check followers, tanned or publish comments," said the expert. "Interpersonally, there may be loss of real connection between friends, partners or colleagues in exchange for the maintenance of virtual connections that social media encourages."

Psychologist warns that overexposure on social networks directly and indirectly impacts our lives. "We can have consequences at work, family and friends do not keep clear boundaries of what should or should not be shared in a public forum. Indirectly, the person may feel friends and loved ones move away and start to limit the amount of personal information you share with her. This leads to a greater distance and most attracts you to these platforms."

56

Curtir

15

8+1

3

Tweet

Perpetual Post

"Overexposure leaves us vulnerable in ways that sometimes we can not imagine. The idea that any comments idiot who did or selfie a bad hair day will be posted perpetually sometimes disappoint us. Overexpose the network can also be related to depression and anxiety," says Joy Harden Bradford, PhD in psychology from the University of Louisiana and relationship expert. "If you feel more connected to people online but be absent with others in real life can lead to isolation and feelings of depression. Similarly, we become ultraprecupados with the reaction that everything posted on social networks will cause. The situation may create anxiety for fear of negative reaction," she warns.

An edited version of a story

Farah Parker, Executive Coach at the University of Southern California, argues that overexposure can result in unrealistic expectations of success. "The more people engage in different platforms on-line, problems begin to increase in relation to body image. We see each achievement of our friends and important occasions and perfectly filtered moments in time," says Parker. According to her, users can become depressed by constantly compare their lives to what they see in the timelines. "It's easy to forget that we are watching an edited version of a story. The author can easily omit sadness, errors, and failures - each element that makes us human. There is a great risk of becoming obsessed with the image itself, constantly evaluating their selfies for the perfect image."

For Parker, when the consumption of social media is not controlled, "the user increases your risk of disconnection with reality, minimizing their ability to engage in real time." In other words, those who can not stay away from the networks may suffer to get to have strong relationships and conversations in real life.

And you think you overreacted ever? Check out the following five coach of tips to avoid overexposure on social networks.

- 1. Before you post, ask yourself**, "how can this impact my life?" If you think twice about something that may offend other people, then it is best to follow the safest route and avoid posting.
- 2. Create lists for your profiles on social media.** If you like to post funny stories to your friends read it, there is a way to exclude others talk. It is especially important post appropriate messages when your coworkers can see your timeline.
- 3. Be honest with yourself and decide if you are posting just to get attention.** We all need support and sometimes we turn to social networks - where it is easy to get approval. Instead of posting to hundreds or thousands of people, talk to someone you trust. Avoid emotional post comments in social media. People will remember every word you said (and can use it against you in the future).
- 4. Never post when nervous.** When someone makes you mad with rage, remember that you are an adult and should resolve the issue individually- and not for everyone to see.
- 5. Avoid tag people in pictures until they approve it.** Do you know if they feel comfortable to share them publicly? In general, friends and family post old photos without your approval. Always consider and send a direct message to the person saying "you are in this image. All right if I post?" if you are with the person, show the picture to her on her first phone, and only post if you have permission.

56

Curtir

15

8+1

3

Tweet

In short, think three times before posting. Remember that the virtual world is often ignore the feelings of others. After all, it's hard to see the pain and deal with the reaction. Be a diplomatic user and respect yourself and others.



About Danilo Beard

Beard Danilo is a musician and a graduate degree in International Business by journalist George Brown College in Toronto. Blogs about Opposite Sex at Yahoo Woman. Calls and on Twitter.dambarba

[+] Articles Danilo Beard