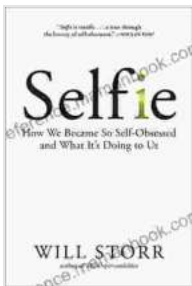


# How We Became So Self-Obsessed and What It's Doing to Us

In today's social media-driven world, it's easy to get caught up in the endless loop of selfies, filters, and curated feeds. But what does this constant focus on ourselves do to our mental health and relationships?



## Selfie: How We Became So Self-Obsessed and What It's Doing to Us by Will Storr

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2097 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 416 pages
Lending	: Enabled



## The Rise of Self-Obsession

Self-obsession is not a new phenomenon. In fact, it's been around for centuries. But it's only in recent years that it's become so widespread and pervasive.

There are a number of factors that have contributed to the rise of self-obsession:

- **Social media.** Social media platforms like Facebook, Instagram, and Twitter have made it easier than ever to share our thoughts, feelings, and experiences with the world. This constant need for validation and attention can lead to self-obsession.
- **The cult of celebrity.** In today's culture, celebrities are held up as the epitome of beauty, success, and happiness. This can lead to us comparing ourselves to them and feeling inadequate.
- **The rise of individualism.** In Western culture, we are increasingly encouraged to focus on our own needs and desires. This can lead to a lack of empathy and compassion for others.

## The Impact of Self-Obsession

Self-obsession can have a negative impact on our mental health and relationships.

### Mental health

Self-obsession can lead to a number of mental health problems, including:

- **Depression.** People who are self-obsessed are more likely to experience depression because they are constantly comparing themselves to others and feeling inadequate.
- **Anxiety.** Self-obsession can also lead to anxiety because people are constantly worried about how they are perceived by others.
- **Narcissism.** Self-obsession can lead to narcissism, which is a personality disorder characterized by an inflated sense of self-importance and a lack of empathy for others.

## Relationships

Self-obsession can also damage relationships.

- **Self-obsessed people are often less interested in their partners' needs and feelings.** This can lead to conflict and resentment.
- **Self-obsessed people are also more likely to be jealous and possessive.** This can make it difficult to build trust and intimacy.
- **Self-obsessed people are often less able to empathize with others.** This can make it difficult to resolve conflicts and maintain healthy relationships.

## How to Overcome Self-Obsession

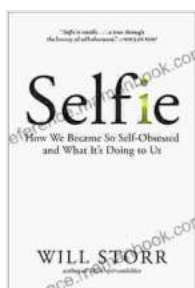
If you're struggling with self-obsession, there are a number of things you can do to overcome it:

- **Practice self-awareness.** The first step to overcoming self-obsession is to become more aware of your thoughts and feelings. Pay attention to the things that you say to yourself and the way that you talk about yourself. Do you often put yourself down? Do you compare yourself to others? If so, try to challenge these negative thoughts and replace them with more positive ones.
- **Cultivate empathy.** One of the best ways to overcome self-obsession is to cultivate empathy. Try to put yourself in other people's shoes and see things from their perspective. This can help you to understand their needs and feelings and to be more compassionate towards them.
- **Set realistic goals.** When you set unrealistic goals for yourself, you are setting yourself up for failure. This can lead to disappointment and

frustration, which can further fuel self-obsession. Instead, set realistic goals that you can achieve. This will help you to build confidence and self-esteem.

- **Seek professional help.** If you're struggling to overcome self-obsession on your own, don't hesitate to seek professional help. A therapist can help you to identify the root of your self-obsession and develop strategies for overcoming it.

Self-obsession is a widespread problem that can have a negative impact on our mental health and relationships. But it is possible to overcome self-obsession. By practicing self-awareness, cultivating empathy, setting realistic goals, and seeking professional help, you can break free from the endless loop of self-obsession and live a more fulfilling life.



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