

30 Signs Of Social Media Addiction

By Jacky Tan & A Community of Cartoonists



Image credit: laurelpapworth.com



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Check out the 30 signs of social media addiction and see what's your score.

If your score is anything from 1 to 11, you are still on the sane track of social media.

11 to 22, alarm bells are ringing. You should go out, get some fresh air, socialize and meet more friends.

23 and above, you may need professional help before it is too late!



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Sign #1:

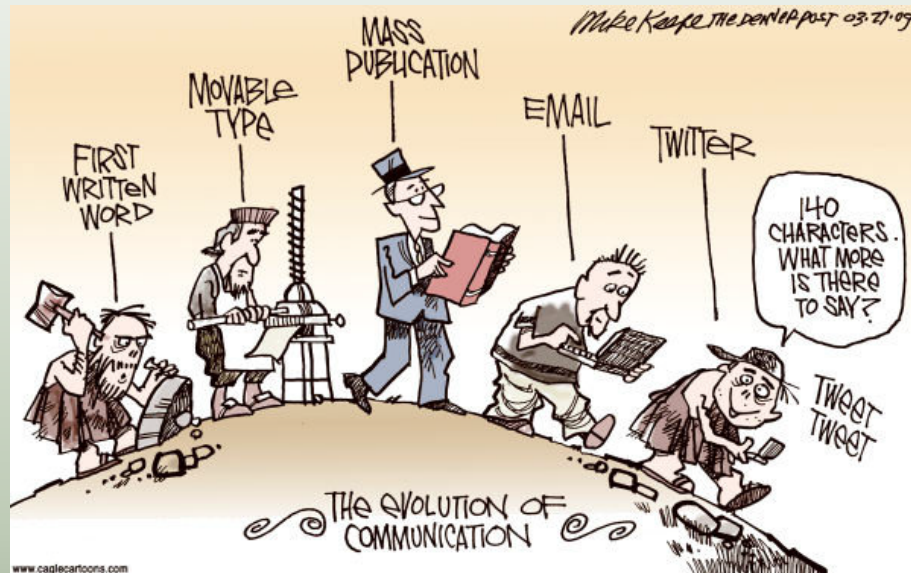
You check your mobile phone every few minutes for any notification on Facebook, Twitter mentions and such.



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Sign #2:

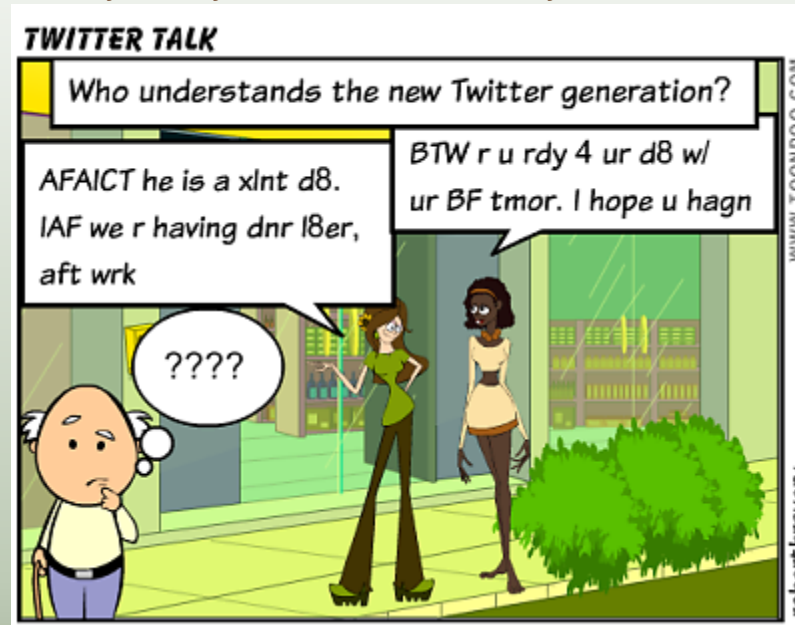
You think your world is over when you have no internet access or when Twitter, Facebook or other social media is down.



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Sign #3:

You assume other people can understand what you mean by your cool terms such as BRB ('Be right back'), CMI ('cannot make it'), LOL ('laugh out loud') and so on.



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Sign #4:

You have to check in at every new location to let everyone know where you are.



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Sign #5:

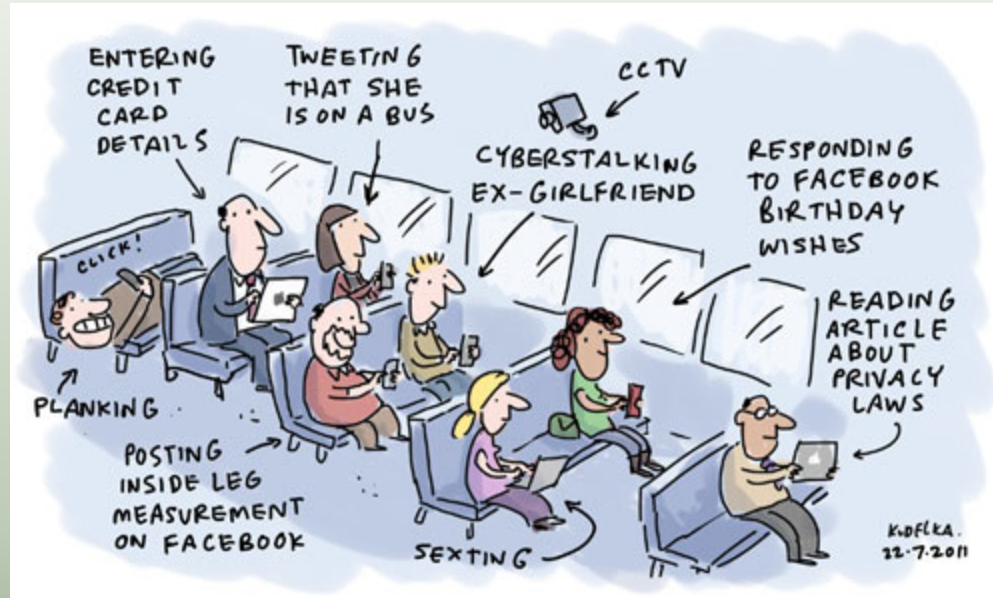
You literally announce to everyone on social media what you are doing every day, every hour. Things like brushing your teeth, having a lunch, found a penny, went shopping today and blah, blah, blah.



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Sign #6:

You have a meeting every week with others (social media addicts) to plan on what updates to put up on Facebook for next week.



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Sign #7:

You tag your friends on pictures that do not involve them, in order to make sure they see the pictures on their Facebook timeline.



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Sign #8:

You start to #hashtag #about #everything #under #the sun.



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Sign #9:

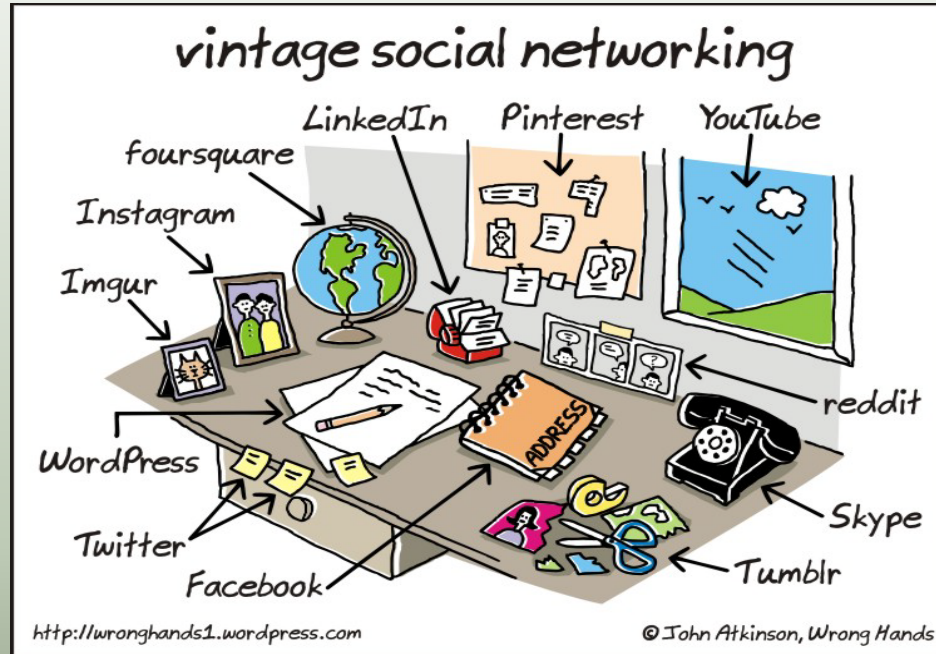
You have made urgent requests on Facebook for your family and friends to send you 'lives' on Candy Crush. (As if your life depends on it.)



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Sign #10:

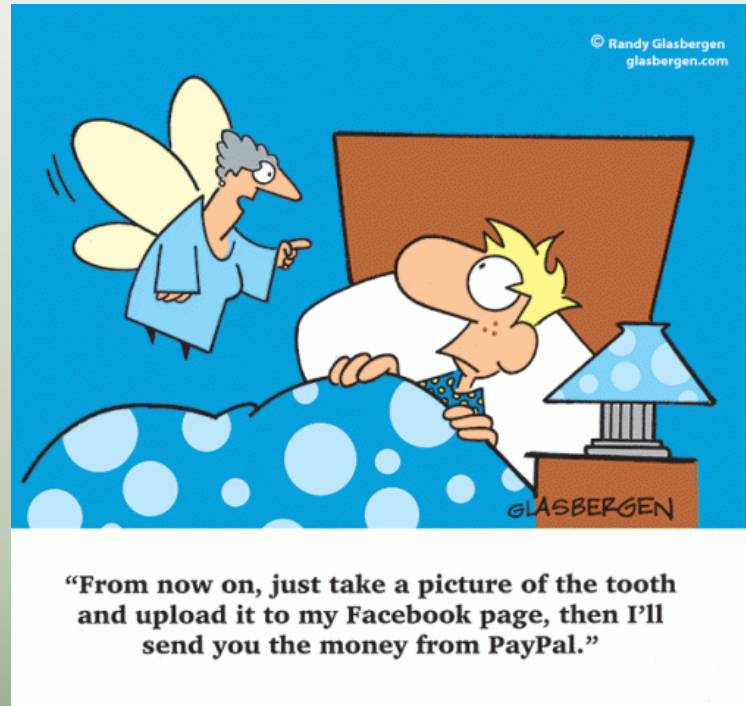
You believe life is more happening on social media than in reality.



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Sign #11:

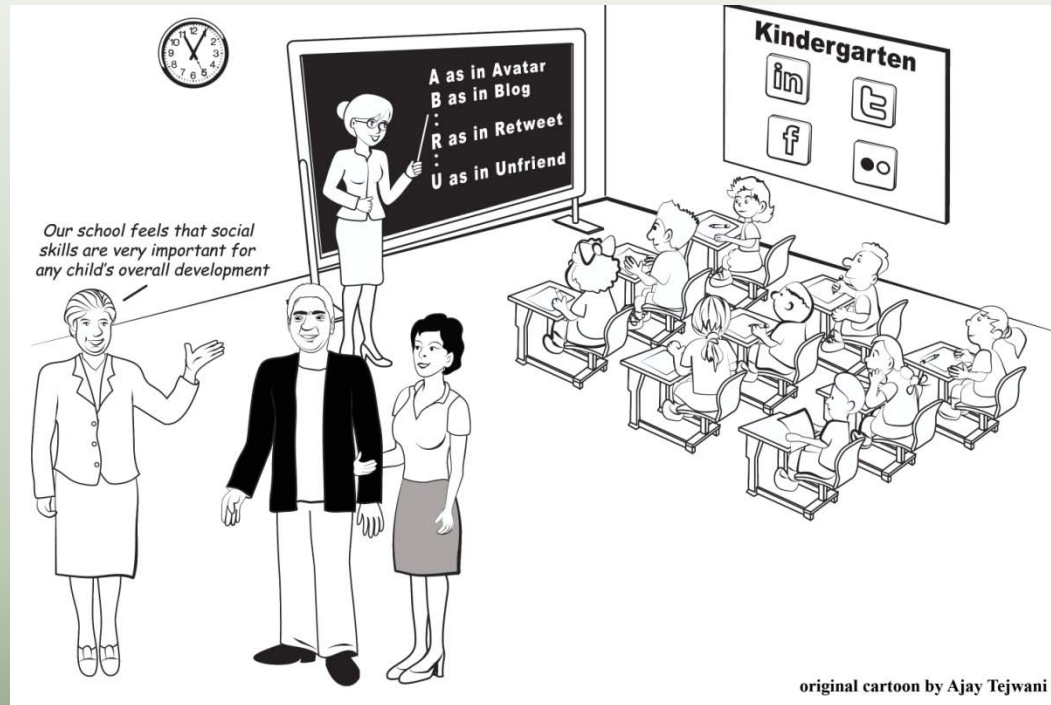
You freak out if your pictures are not able to be uploaded onto Instagram or Facebook.



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Sign #12:

Words like 'Tweet', 'Insta', 'Pinned', 'Updates', 'Hashtags' suddenly has become part of your lingo.



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Sign #13:

You created a Twitter or Facebook account for your pet dog, Bambi; and its parrot pal, James Bond.



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Sign #14:

You cannot live a day without social media; you need to travel with it, eat with it, sleep with it, or even using it while taking a dump.



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Sign #15:

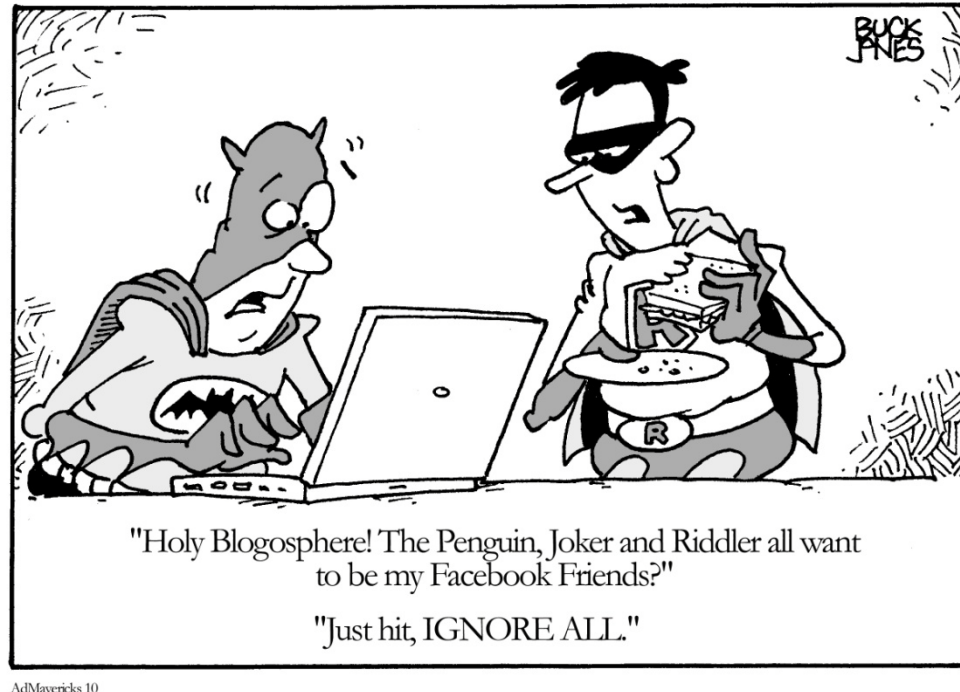
You think your friend is an alien if he or she does not have a social media account.

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Sign #16:

You feel stressed for the entire day, if your ex-schoolmate, John does not respond to your friend request.



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Sign #17:

You love to stalk your friends via Facebook, Twitter and other social media accounts.



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Sign #18:

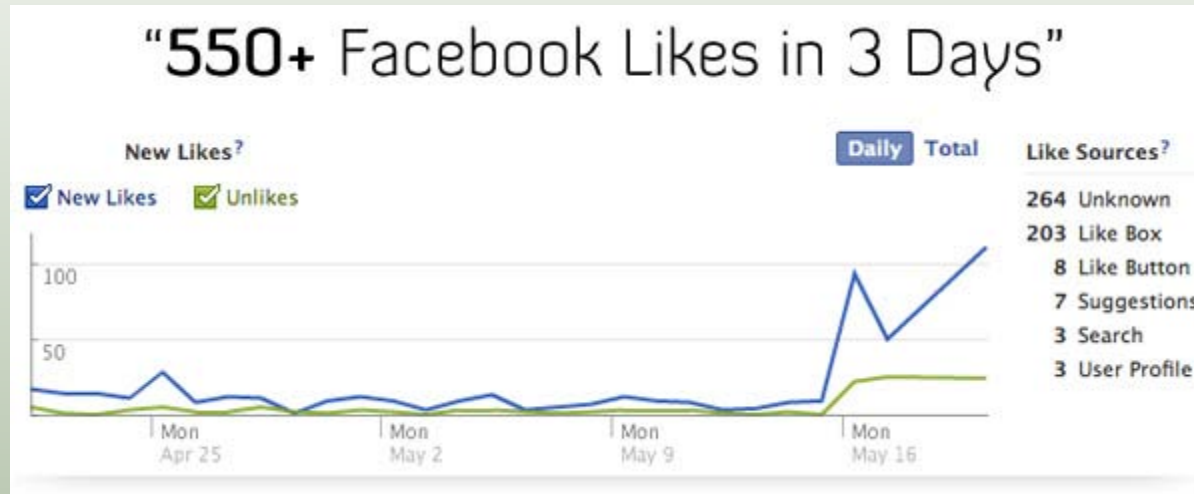
You feel angry and mad when people in real life do not understand what you mean in 140 characters.



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Sign #19:

You feel proud when that cute picture of yours get a hundred likes on Facebook.



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Your food is over there. This is for Facebook !

The Internet Scavengers - PMSLweb.com

Sign #20:

Every food you eat does not only go into your digestive system. It will also go into your Pinterest, Instagram and Facebook permanently.

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Sign #21:

You secretly spend some of your work hours on social media.



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Sign #22:

You have “accidentally” signed your Twitter handle name on your marriage certificate and your personal cheques.



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Sign #23:

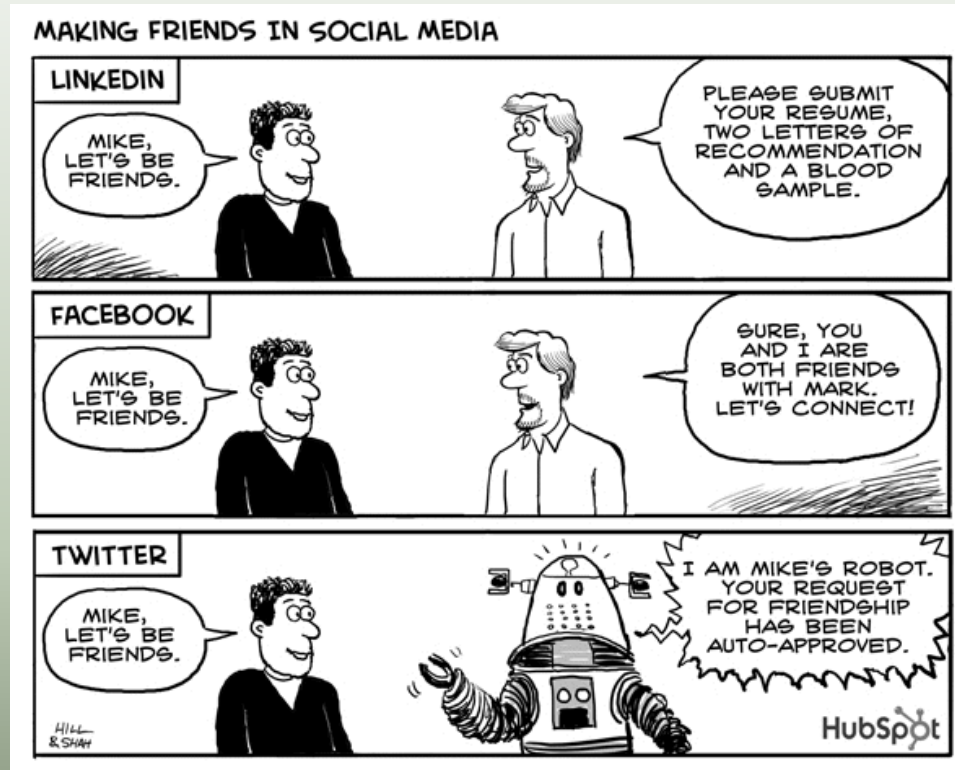
You feel upset when nobody comments on your updates in Facebook.



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Sign #24:

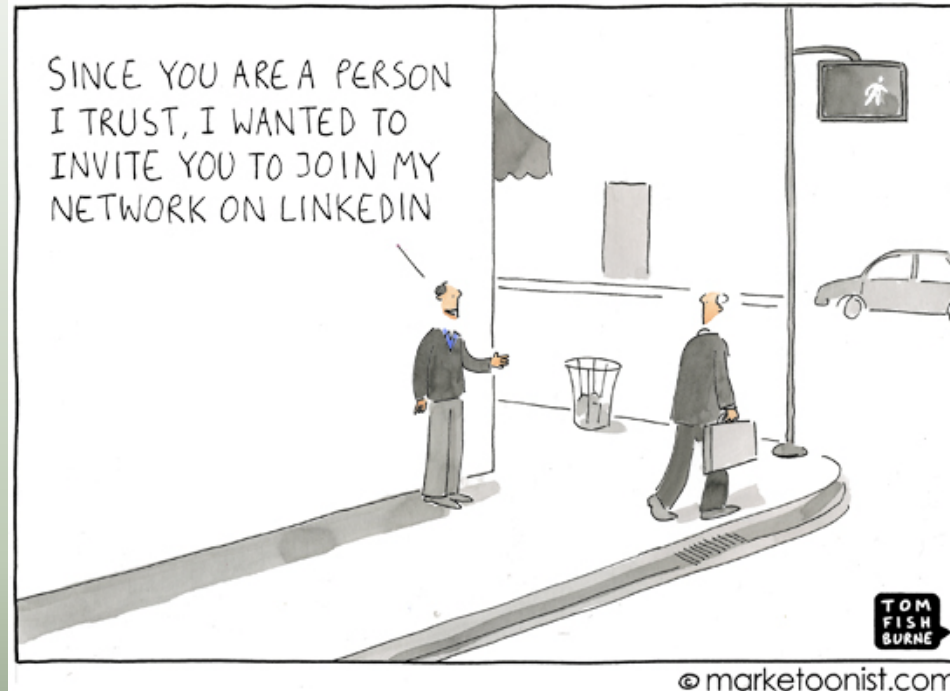
You spend at least 4 hours a day on social media, thereby isolating yourself away from social life.



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Sign #25:

You add strangers on LinkedIn, Facebook and Twitter, to make up the numbers.



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Sign #26:

Social media has become part of your daily ritual; like sleeping and eating.



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Sign #27:

You would wake up in the middle of the night to check your social media for updates.



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Sign #28:

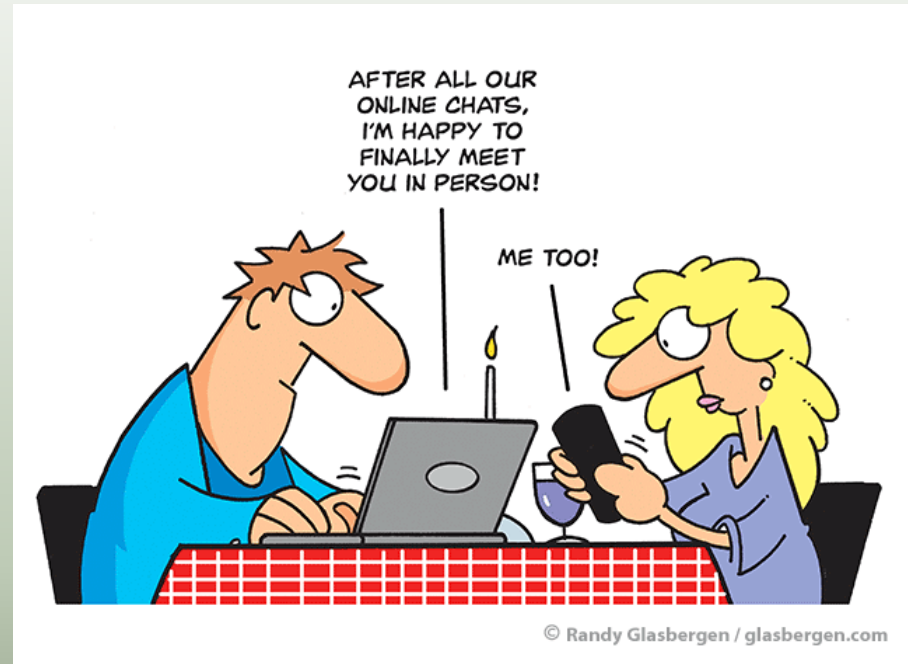
You are ecstatic when your children add you as a friend on Facebook.



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Sign #29:

You feel uncomfortable communicating with friends without using any social media device.



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Sign #30:

You think that the blue Twitter bird mascot exists in real life.



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