

## Connecting in a World Trending Towards Isolation, Creating Vs. Consuming

4.22.26 - Main Square in the City



*Forgot how goated this album is*

On a recent episode of a podcast I listened to one of the topics of discussion on the podcast were how in the western world / society individuals are becoming increasingly isolated from each other, whether it be systemically or in other ways. I don't really want to list them all out here so you can listen for yourself on Spotify from this link here: (<https://open.spotify.com/episode/3UWdlsi4IZ2lmgvX0o?si=31f5fed1ed6541e1>) it's a whole 7 part series and it's very interesting. Anywho this made me sit back and reflect on where I am isolating myself in my day to day life from others. I don't mean this in a "I want to make lots of new friends" sense but more so in the way of how am I closing myself off/shutting people down in more subtle ways in my behavior / actions when I'm living my life, whether it be out in public or at home. I journaled about this and wanted to share some of the things I come up with here. These aren't exactly things that I'm gonna do a 180 on or that I'm declaring taboo for myself, but rather just things I stepped back and noticed play a role in this. Some are more character/social bias related while others are more practical. Les goh.

- **Wearing Headphones out in Public:** I don't mean in all cases like for example if I'm going for a jog or if I'm sitting in the park journaling and listening to music but more so in spaces where I'm around others just existing and not "doing" anything. When I stepped back and thought about it whenever I go into the city to go to a cafe / restaurant / the park whatever it is I always have my headphones in and I'm completely in my own world. The only time I talk to anyone / they talk to me is when I order my coffee or pastry or whatever. I'm not saying that if for the last 7 months I had removed my headphones every time I went into the city I'd be the bell of the ball or that I'd be married with a kid but it made me wonder how many little conversations / interactions did I miss out on because I was in my own space listening to music? How many times would I have stopped someone and asked them a question / been approached by someone else if I

didn't have the gen Z "do not disturb" sign up by having my headphones in. I love listening to music and by no means is that inherently "bad" but there is definitely an aspect to this when in a public space that removes me from the social setting / community I am existing in and cuts me off from any potential interaction.

- Obviously my ability to listen to music comes from my phone, which is an issue in itself but when I'm out I don't really use my phone at all like that which is why I just put the headphone part.

- **My own biases, judgements, and thought processes**

- When I'm in a public setting I feel I often look at others and can sometimes "assume the worst" or project my own judgements / judgemental disposition onto others. I'm not sure why this is (maybe some trauma in a past life or from middle school that I blocked out somehow) but I feel when coming across others, I naturally assume their disposition to be judgemental or condescending as opposed to friendly + open armed. These assumptions I am making about others in my mind before giving them a chance isolate me from others not only in the real sense of preventing interaction because I'm assuming the worst, but also in terms of just mentally feeling worse about everything because I'm creating this doom + gloom in my environment that doesn't even necessarily exist. After I noticed this I am vowing to myself to practice when I'm out in public the reverse: assume everybody is extremely friendly and open to socializing / existing with and alongside others. Long story short I want to begin programming my mind to assume friendliness / openness in others when out in public as opposed to the opposite is all.
  - This is one of the main reasons I appreciate philosophy because of how it forces me to step back from the subjectivity I have towards the world / other people and examine my behavior from an unbiased standpoint. This is obviously not a novel concept but I have found engaging with this podcast daily consistently makes me step back and look at the world in a new light and I think that's pretty cool. Continuing onward.

- **Letting appearance deter my experience**

- I went to an event a couple weeks back at a club and showed up in jeans and a long sleeve tee and it turns out the event was a more formal event. The rest of the night I was moving super shook / shy not like my normal self because I was so worried about the fact I was not dressed up to par that I didn't really enjoy myself until I was too drunk to even remember wtf I had on. I bring this up not because the point of this being "who cares what I'm wearing" but more so to bring attention to the fact I often am hyperfocused on myself and a bit self-consciousness as opposed to just existing where I'm at and my attention / mindseye being on where I'm at and who I'm with. Another way I isolate myself is being to caught

up in me + losing myself in my own brain instead of losing myself in my company + wherever I physically am existing.

Second thing I wanted to mention was how living in a society that is very much so framed in “when I’m at work I produce, when I’m off work I consume.” Whether it be television or buying material things that we worked to get the money for it’s easy to fall into those two categories at all times of “working/producing” and “relaxing/consuming.” I’m not writing this chastising that mode of living at all I do the same thing all last summer my schedule was essentially workout in the morning, come and rot on the couch and watch TV during the afternoon because I was so tired and then head out to work in the evening. I bring it up to say that I find people who within this societal structure still find time to create, whether it be for passion or money or both, super inspiring and this is a big reason why I try to post on this blog as much as I can no matter how shitty or pointless whatever I’m writing is. I was on facetime last night with an old friend who works in the corporate world who has a side hustle business of ceramics that she makes on her own and sells through her own website and brand. I found that genuinely super inspiring and that’s just an example but in a world in which it’s easier than ever to just consume consume consume and fall into the trap of rotting in your free time when your job sucks the life out of you people are still out there pursuing their passions and doing things simply because they like to or for the sake of doing them, not for capital gain or recognition. This is sounding super like Marxist lol I’m not trying to go down that path I just wanted to note this phone call I had and say I left it feeling inspired and that I want to vow to try and create just as much as a consume and not fall (more of a) victim to consumer culture (than I already have). Anyway definately a bit of a cliché but like I said I felt inspired by said person and was on my mind today.

### **NBA FIRST ROUND PREDICTIONS:**

Meant to post these before the playoffs, I’ll circle back to these after the first round and see how I did:

#### **Eastern Conf:**

Pistons vs. Magic: **Pistons in 6**

Celtics vs. Sixers: **Celtics in 5**

Cavs vs. Raps: **Cavs in 5**

Knicks Vs. Hawks: **Knicks in 6**

#### **Western Conf.**

Nuggets vs. Wolves: **Nuggets in 7**

Spurs vs. Blazers: **Spurs in 4** (Wemby getting hurt fucked me here)

OKC vs. Suns: **OKC in 4**

Lakers vs. Rockets: **Lakers in 7**

