

4:31pm

Hey!

How are you?

Did you have a good day?

https://proxy.geneseo.edu:2173/stable/pdf/10.5406/amerjpsyc.129.2.0161.pdf?ab_segments=0%252Fbasic_SYC-4222%252Ftest&refreqid=excelsior%3Af226e80474d5ea47076025c7ccb5554

I found this interesting article today!

It discusses how iPod usage can be super toxic to sleep patterns and stress. One of their conclusions is that iPod dependency and texting relate to higher levels of impulsivity. Pretty neat!

iPods are kinda old and uncommon nowadays, haha.

Do you think you're more impulsive the more you use your phone?

5:13pm

Hey again!

<https://www.nytimes.com/2019/01/22/smarter-living/why-people-ghost-and-how-to-get-over-it.html>

Sorry if I'm bothering you, I just thought you would enjoy to read this.

This NY Times article tackles the issue of ghosting. I guess it's not just for the dating scene anymore.

Apparently your friends, family, and even some employers do it too.

Have you ever applied to a place and ended up never hearing from that place again? Even after an interview?

I have. :(

That's an example of how employers ghost people. It's really just a slang term substituting a larger issue of neglect in communication.

I find it super rude and disrespectful, but on their end it ends up being more efficient and saves time to just drop unwanted candidates and not put in the effort to communicate the rejection to them. I mean, why waste dozens of emails with the rejections, when your workers could be doing other more productive tasks for the company?

Doesn't it make you feel appreciated? Does wonders for your self-esteem.

6:40pm

The article further talks about how there are different tiers of ghosting. Whether it's ignoring a conversation with someone or on a wider scale where you straight up banish someone from your life! (Crazy, right? I mean who would just do that to someone they know?!)

I mean, I guess we all get too scared to confront someone, sometimes.

Hiding behind our screens and not replying makes it so easy, you know? But overcoming that fear and communicating better tends to solve so many problems that we have. It's just toxic coping mechanisms that we learn to cling to, kind of like a social pacifier to "keep us safe." But, it's okay to overstep that and reach out.

And, I feel like we pick up these patterns from each other and reinforce avoidance. Whether a friend is giving you advice on just "letting it be" or maybe you're being too impulsive and it's 1am and you just give up.

7:33pm

Along those lines, I like when the erosion of empathy is brought up. We really are just humans yearning for connections with each other, and yet at the same time we're so overfocused on how our lives should be that we sometimes ignore each other.

Sometimes I feel this impulsive need to text people, or just like, send something just for that little burst of connection. It's kind of rejecting ghosting, in that regard, reaching out to people to step against the toxic texting behaviors we tend to subscribe to.

Sorry to go off on this so much, you probably know all of this already... :')

8:02pm

Speaking of toxicity...

<https://proxy.geneseo.edu/login?url=https://search.proquest.com/docview/1777737867?accountid=11072>

Did you know that BPA found in receipts is toxic? It's really wild, it's apparently linked to higher creatinine levels. Higher creatinine levels are connected to kidney failure. Scary!

<https://www.plasticpollutioncoalition.org/blog/2016/12/23/is-bpa-on-thermal-paper-a-health-hazard>

I also found: [Link 4](#), which discusses products that BPA is known to be in and criticizes the National Institute of Environmental Health Sciences for their lack of mentioning receipts. It's still like a blog post type thing, so you gotta take what you read with a grain of salt.

But both of these stress how contact with BPA receipts over time definitely isn't great to deal with. The research article also brings up an interesting point in regards to keeping BPA off of your hands.

So you would think that by keeping your hands clean, that you would prevent the transference of BPA, right? It turns out that hand sanitizer is found to actually make it easier to absorb the BPA. Weird, right?

Sometimes the way you believe things to be is actually inverted. Like back to ghosting, the NY Times article said that the people more likely to ghost weren't indecisive people, but people who have stronger personal beliefs, especially in relation to fate.

I used to think that people who have stronger beliefs were more settled within themselves, and that people who ghosted were more cowardly or childish, I guess someone could be both, huh.

I guess people with more secure beliefs are more likely to ghost because their stronger convictions make it easier for them to cut people away, just how like hand sanitizer, which you think is cleaning and protecting your hands, is actually an enabler for the vulnerability of BPA absorption.

We don't even fucking realize that we're digesting BPA in our receipts and toxic behaviors in messaging each other.

8:23pm

Haha oh geez I'm so sorry, didn't mean to sound so pissy, I'm just getting a little frustrated.

Nothing you did though haha

9:44pm

BPA isn't just like toxicity to our environment it's a manifestation of the toxicity within ourselves that we handle on a daily basis.

Like, think about it.

Just today I had to deal with someone who was ghosting me. I'm not really sure what shit is going on with them but we used to be super close. There's obviously something going on with them but I'm not quite sure what it is. I just want them to fucking talk to me.

Because it feels like they're just ignoring me and I understand if they need space, but like a lack of communication in relationships just leads to more fucking problems and emotional stress bullshit and I can't deal with that.

And that's like..... super toxic.

you get me?

10:02pm

are you mad at me

10:27pm

did i do something wrong

Read at 10:47pm