

# ARMING YOUR CAPTORS



Human beings are now in such a state of, like hyper complexity, where everything is integrated, everything is connected, that there is no individuality, there is no original thought.

You become an amalgamation of everything that you've heard and been exposed to but you really do nothing. Like the jury's out. Wake up, do hard work, learn about yourself, turn the shit off, eat a carrot every now and then, and life is going to be pretty good for you. Doesn't mean it's going to be easy but you'll have the built-in tools and you'll begin to learn about your higher self.

To me the hero's journey is the journey of learning about yourself and using those tools to overcome the external circumstances that you face. Shift focus from the person that is always looking out for answers, to a person that is looking *in* for answers and then using those answers to then change the material world around them with their choices. Because everything is designed today to keep you from knowing what you are.

You are the energy source that feeds your own demise. Social media doesn't exist if you're not there. Everything is designed to fulfill these physical desires. So you give your energy to feed your own destruction and then you complain about the very thing that you're feeding. When it's always you, you're the one. It's not there, if you're not there. You feed it, You are feeding and you are arming your own captors.

## **Finish the sentences. Then share.**

Human beings are \_\_\_\_\_

Social media makes us \_\_\_\_\_

When I look within \_\_\_\_\_

My hero's journey is \_\_\_\_\_

The energy source that feeds me is \_\_\_\_\_





## LET'S DISCUSS SOCIAL MEDIA



1. What kinds of social media do you use most?
2. When do you usually post on social media?
3. Do you exaggerate a little when you post on social media?
4. Could you live without social media? How long?
5. What is a good age for people to start using social media?
6. Have you ever seen any bullying on social media?
7. Have you ever reported a post on social media? If so, why?
8. What would you change about social media if you could?



## LET'S DISCUSS SOCIAL MEDIA



1. Where and how often do you usually post on social media?
2. Has social media ever made you feel sad, stressed? Share an example.
3. Have you ever went off line and not used social media for a long time?
4. Do you think social media makes the world better? Worse?
5. Do you think social media is addictive? Are you addicted?
6. What are some good things about social media?
7. Do people lie about their lives on social media? Is this a problem?
8. What advice would you give someone about using social media?



# LET'S DISCUSS SOCIAL MEDIA



1. Have you ever changed someone else's mind on social media?  
How?
2. Have you ever gotten angry at someone on social media? Why?
3. Do you have online friendships or relationships with people you've never met in real life?
4. Has a conflict on social media affected you offline, in "real life"?  
How?
5. Have you lost friendships over things said and done on social media?
6. Have you ever been publicly shamed on social media? If so, please describe. If not, why not?
7. Have you ever joined in a public shaming of someone else?
8. Have you ever witnessed a social media public shaming? Did you say anything? Why or why not?
9. Have you ever reported a tweet or post? Why? What happened?
10. Have you ever been reported?
11. Do you say things on social media you're afraid to say in real life?
12. Do you say things in real life you're afraid to say on social media?
13. Have you ever lied on social media? Why?
14. Do you "like" things you don't actually like, and refrain from "liking" things you do like? Why?
15. Do you use social media for political activism? How?
16. How would you stay in touch with your friends without social media?
17. If your friends all jumped off a cliff on social media, would you do it too? (Answer: yes.)

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