

Several recent studies have revealed that, as social media usage increases, poor self esteem evaluations also increase. This has become so evident that some have even given it a name: “Facebook Depression.”

To be fair, we should not blame Mark Zuckerberg. The problem is in how some are using and evaluating social media. For many, it has subtly become their measuring component to keep them informed on how they compare with the rest of their online community peers. When this occurs anxiety and depression become almost inevitable.

Many will, without realizing, compare their lows with their online peer’s highs. If this happens over and over again; it pulls potential victims lower and lower into their already tragic state of ongoing depression. They continue dwelling on their humdrum or even dark, painful moments while reviewing highlighted embellishments online.

This, many times, leaves online victims with a hurricane of shameful, emotional inadequacies. It’s natural for us to post fun pictures and describe uplifting things we do. It’s natural too, that we don’t typically post our more fragile moments in life. However, these, realistically, could become therapy to an online depression victim.

Victims of “Self-Worth” challenges usually become analytical judges, both of themselves and others around them. Online, anything you say or post will be judged, and anything the online victim posts to you will be carefully scrutinized before it’s posted.

In other words, people with serious self-worth challenges live with self analyzing “FEAR.” They have a difficult time demonstrating genuine agape love, a verb, not just an emotional feeling (1 John 4:18). Remember, God’s love for us is totally Unconditional.

Social media brings life to the forefront in new and very effective ways. Self-worth challenges have haunted humanity ever since their fallen nature described early in Genesis. Modern technology has given our enemy, Satan, another tool with which to accelerate humanity’s demise.

As previously explained in other articles: (www.skipelmore.com), we’re not actually Satan’s primary enemy; we’ve become his target to avenge God, his original enemy. Satan introduced destructive “FEAR” to replace agape “LOVE” anticipating humanity’s demise. Let’s not allow Social Media to become another destructive online tool.

[\(Also read “Tongue Authority” on the website\)](#)