It is no doubt that technology has improved the quality of our lives in ways we can't even imagine. It has taken down the walls that separate each one of us, near or far. Technology lets love, live, explore, and share. We can say that through technology, humanity can achieve even greater heights of success. But like everything else, too much of something is never a good thing. Unfortunately, technology takes as much as it gives.

We are in the era of technological advancement. Millions of information, data, knowledge, and more are available to us with just one click. Social media let us share, connect, comment, and express ourselves. Social networking sites such as Facebook, Twitter, and Instagram are truly wondering of the 21st century. But these platforms hide a deep and dark secret. Behind the likes and the shares, thousands of people have lost a sense of who they really are. They are into the cyber world that their reality has become a blur. Among the many problems it has caused is the feeling, the need to look like those celebrities and personalities online. There is the constant pressure we put on ourselves to conform to the beauty standards that the cyber society has set. We wear masks of lies and deceit, to try and fake what we look like and who we really are.

Young men and women of today become more insecure due to the unrealistic portrayal of beauty that social media has fed them. Studies have shown, that more people struggling with identity issues due to the need to pass social media's standards. In some cases, men and women have developed both mental and body problems trying to fit in. Most of us have lost our ability to distinguish the real from the fake. Day in and day out, little by little, as we scroll and consume the lies, fakeness, bias and more, it builds up. One
day, it will just fall apart. There will come a time that our minds are so corrupted, our self-esteem down so low, and our confidence crushed, that there just won’t be a way to turn back. If we don't protect ourselves from the harm in front of us, then we will never be happy. We will always seek to be like them, and look like them. We will forever live a life of fakeness and lies; we will forever mask our true selves.

References: