

Humans need technology. Sure, we need it for jobs and medical uses, but those are complex and necessary uses. Unfortunately, however, we need it for more than our jobs, we need it for even the most basic parts of being human. Such as communicating with each other and even feeling happy or fulfilled, because we are all addicted to it. And we can't seem to find a way to be happy or communicate effectively without it! The bad part is many people have no awareness of this addiction and see nothing wrong with their need to always be stimulated to be happy. In her book *The Empathy Diaries*, Sherry Turkle addresses just that, humanity's ever-growing addiction to technology and constant stimulation, as well as the problems it causes. Ultimately, we are constantly seeking things that make us feel better about ourselves or what we are doing, even if it's unhealthy or self-destructive.

The idea that we have a sort of... confirmation bias towards technology is briefly and indirectly alluded to, as Turkle states: "We like to hear these positive stories because they do not discourage us in our pursuit of the new – our new comforts, our new distractions, our new forms of commerce. And we like to hear them because if these are the only stories that matter, then we don't have to attend to other feelings that persist" (349). According to Britannica a confirmation bias "results in a person ignoring information that is inconsistent with their beliefs". Although this definition isn't exactly what's going on in the quotation, it still lays a good baseline. For instance, when Turkle says "We like to hear these positive stories because they do not discourage us in our pursuit of the new." It shows we look for information that supports our beliefs and is consistent with them making us happy. Thus, we ignore the negative stories that make us feel bad. So when we find information that makes us happy, we take it as a sign of how technology is, as stated by Turkle a "proof of progress" We should feel good about using it... justifying our unhealthy desire to constantly be behind our screens, rotting away in the illusion of happiness and fulfillment it brings us. Despite the fact Turkle never directly stated that we go searching for these stories, it can be reasonably inferred that as a human if we find something that brings us joy, we will continue to look for more things that make us happy, just like all the positive stories online.