

Brain rot. A term that has gained mass amounts of popularity in recent years with the advancement of modern technology and the internet. Today, the term is thrown around so loosely it could be describing any stupid or worthless content that surfaces from the internet. However, originally, it was used to describe the way people sat behind their computer screens or on their phones, mindlessly searching for something to entertain them, seemly rotting their brains, becoming more and more stupid, even affecting how they behave. This impact on human behavior and potential is discussed by Kevin Kelly, the co-founder of Wired magazine, in his article *Technophilia*, and by American Journalist and Author Nicholas Carr in his writing *Is Google Making Us Stupid?*. Both Kelly and Carr express very different views on the topic; while Kelly believes the internet and technology's impact on humans is natural and not bad for us, Carr takes a stand against these impacts that technology has and will continue to cause, saying they are negative and, in a way, harmful. I believe that modern technology has become such a major part of our lives that it is creating both positive and negative impacts on our behavior and our potential.

When you lose your phone (assuming you're just as attached to it as the average person), there's usually a frenzied search that ensues shortly after realizing you lost it, because all of a sudden, there is a feeling of emptiness, almost like a part of you was amputated. What if our phones are not just an "amputated part" of us but the surgeon performing the amputation? As Carr writes, "Bruce Friedman, who blogs regularly about the use of computers in medicine, also has described how the Internet has altered his mental habits. "I now have almost totally lost the ability to read and absorb a longish article on the web or in print," he wrote earlier this year." Friedman's ability to absorb information was taken away or amputated by the internet, but without using the internet to get information quickly and easily, there's an emptiness caused by a

lack of focus, which is caused by the lack of internet. It's causing our feelings of emptiness when we are without it by taking important brain power away from us so that we have no choice but to use it.