

Do you even know that you are obsessed with every detail of celebrities?



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I am 17 years old, and I've noticed that many people around me tend to adore stars and idols. This can often lead to personality disorders, unrealistic consumerism, and a lack of self-care. If you ask me, I'm convinced that you (and your peers in particular) have developed a pattern of idolatry, or the tendency to do so.

Why I chose to distance myself from celebrities:

1. **It tempts you to compare yourself.** The society around me tends to follow their favorite celebrities on social media and tries not to miss anything from their lives. Very expensive products or the belongings of these people are brought into focus. Make a long story short: I notice that a lot of people who were close to me compared themselves to the rich people. In fact, many people feel sorry for themselves ["Life is so unfair! Why can others afford stuff like this and I can't?"]
2. **Jump on the Bandwagon.** As it's well known, some people aren't interested in one particular celebrity at all, and only pretend to be in order to follow a trend, or to adapt to a group of people. So, they act as if they are a supposed follower in order to be accepted, or not being ridiculed if they weren't a part. I sometimes had the experience that I could never really communicate in such gossip groups because the main topic was always a group, a band, or a specific person I knew nothing about.
3. **Times is money.** Another point is that idolizing celebs wastes your time and keeps you away from your priorities. It seems much more important to you to know what your favorite celeb is doing right now than to use your time wisely by taking care of yourself or to enjoy the time with your loved ones. Have you perhaps caught yourself up in a group of friends or family bringing yourself to the new level of knowledge than talking to the people around you? Better late than never to change your mindset.

Why I still follow some celebrities:

The dose makes the poison. Nevertheless, celebrities can also have an inspiring effect on us. They can lead us to have our goals in front of our eyes every time, e.g., if they have the career we wish to have, or if we can just identify with them, no matter how unknown they are. So, we just have to learn to be entertained in moderation and not to indulge in an obsession.