

1. Find (or create from memory or invention) a destructive social media or internet meme that had some significant effect on your or someone you know. Show the graphic, explain its meaning, and its effect.

This is my “destructive meme”. I chose this meme because it affects me and my friends as well. I feel like it is difficult as a man to express our feelings. From an early age men feel like it isn't manly to express our feelings, often getting the impression that it is out of the male character to do so. Keeping feelings bottled up like this can contribute to overthinking certain scenarios as well, because we aren't able to tell others how we really feel. This is why lots of men suffer with mental health. This may be part of the reason why more males commit suicide rather than women. “Men died by suicide 3.88x more than women.” Source: <https://afsp.org/suicide-statistics/>



2. Create an alternative meme that attempts to heal the wound or harm that was created with the first meme. Do you think this meme will have the same viral quality? Explain?

I believe that this meme will not have the same viral quality of the “destructive meme”. More people would relate to the destructive meme, and share it with others to spread awareness. The human brain is also wired to remember negative things rather than good ones, which is part of the reason why bad news headlines receive more attention than the good ones. “Psychologists refer to this as negativity bias. “Our brains are wired to scout for the bad stuff” and fixate on the threat, says psychologist and author Rick Hanson.” Source: <https://skillpath.com/blog/positive-fight-natural-tendency-focus-negative>



Overthinking and creating every possible negative scenerio in your head



Realizing no one cares that you should try even if you fail

Michael McCabe

Task 10

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