1. ...enternetworkedpsyche

Today's sadness is a system, an assemblage of mind, body, and techne.

Capitalist accumulation is driven by organized optimism.

Youth feel the anxiety, the stress and become sad by empty promises and diminishing opportunities. They are the experts at reading daily life through the sadness lens. This does not mean we should medicalize them.

Every situation, every object and service can and will be sad. This is why we trapped and do not see how collective action can lead to change.

Emotional rides are no longer experienced in solitude. The virtual others are always there as well.

Intuitively, many feel that their mental mess is produced by society, it is not a sickness in our heads. Capitalism is said to be able to deal with all these contradictions it produces. It is not.

Predictable continuity is not just elitist, it's escapist. It walks away from the dirty present. Much in the same way romantics did in the industrial 19th century.

How do we comfort the disturbed? Not by taking their phones away. What can we do that's liberating and prevents moralism? This is not about natural or artificial worlds. It's cutting straight through the post-modern lingo.

The social is very real, messy, ugly, sexy, boring—most of the time.

We can no longer leave the management of the world to Silicon Valley. We need to dismantle the Free and invent new ways to work together and deal with differences and disputes, rather than rehashing them for the billionth time.

Let's hope the content is halfway cool...

2. your ranking is low

Your ranking is low [4x]

It's considered sad, hours of swiping.

You keep opening the app, in the hope of finding something... exhausted... hours of swiping.

Your blue tick marks haunt me in my sleepless nights.

Why? Why didn't you respond?

The online world is obsessed with waiting.

Most relationships are obsessed with waiting.

[CHORUS]

Most relationships are machine-generated anyway / Your ranking is low [2x]

Finally caught up, your ranking is average.

You finally caught up, your ranking is medium.

Your ranking is medium.

Most relationships are machine-generated anyway.

[END CHORUS]

Grab the phone, swipe and text back.

Homeopathic doses, flatly distributed via technical means.

Sadness expresses the growing gap between the self-image of a perceived social status and the actual precarious reality.

Sadness expresses the growing gap between the self-image of a perceived social status and the actual overloaded awareness.

[REPEAT CHORUS]

Your ranking is low.

3. signs of social media addiction

You recognize total strangers on the street because you saw them on your friend's page.

Your Facebook friends know you're pregnant before your family does.

You choreograph your picture-taking according to what would make a great profile picture.

You know exactly what your ex–from ten years ago–had for breakfast this morning.

You don't see the point in reunions. You already know everything about your former classmates, including the potty habits of their children.

You ask your spouse to change your Facebook password temporarily so you can get some work done.

You break up with your girlfriend by changing your relationship status to single. Ouch.

If you want to know the results of a Heat game, Marlins game, or presidential election, you check everyone's status updates.

You didn't get that great job because your would-be employer saw photos of you doing Jell-o shots while topless.

Your lawyer uses your ex's status updates in court to milk him for all he's worth.

Your just-out-of-jail childhood friend jacks your TV because he knows exactly when you "check in" at Coldstone Creamery every day.

The cops track down your kidnapper because you checked in at the mall and had not been seen since.

You have threatened, at least once, to end a 20-year friendship over the posting of a picture.

Your sister's friend's ex-boyfriend says he liked your wedding dress. He wasn't at the wedding.

[Taken From: 25 Signs You Spend Way Too Much Time on Facebook by Miami New Times Staff, April 26, 2011. http://www.miaminewtimes.com/music/25-signs-you-spend-way-too-much-time-on-facebook-6516206]

4. we are not sick

We online billions are not sick and not a valley patient / Don't cry because it's over, smile because it happened / Pump yourself, dump yourself / We are not sick [3x]

We... Are... Not... Sick [2x]

We Are Online / We Are Billions.

We smile because we are not sick.

We... Are... Not... Sick / It happened because valley billions [2x]

Pump pump pump pump pump pump pump yourself

Dump dump dump dump dump dump yourself

It happened because valley billions.

Pump pump pump pump pump pump pump yourself

Dump dump dump dump dump dump yourself

We... Are... Not... Sick

Don't cry, smile.
It's over.

5. sad by design

Bet on acceleration and never mourn a lost object.
Bet on acceleration.

[CHORUS]

Sad... by... design...

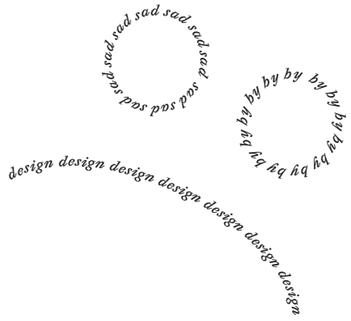
[END CHORUS]

But what's this message?
But what's this message that just came in?

[CHORUS]

Sad by design

[END CHORUS]



6. speaking truth to the platform

Speaking truth to the platform [x3]

"Creat minds discuss ideas; mediocre minds discuss events; small minds discuss people. Premium mediocre minds discuss bitcoin." –Venkatesh Rao

"Go down into the underground, and pass from the hyper-virtual, fleshless world to the suffering flesh of the poor." –Pope Francis

"I can't believe video games are real." –Sarah Hagi

"We are not afraid of ruins. We who ploughed the prairies and built the cities can build again, only better next time. We carry a new world, here in our hearts." –Errico Malatesta

"Anyway, it's always the others who die." –Marcel Duchamp

"The internet is a metaphysical horror game, not a representational machine." –@bognamk

'When defenders of this barbaric system talk about defending "choice", they really mean the choice between bankruptcy and death.'

"All science begins with fiction."

Speaking truth to the platform [x3]

"You read one email, you've read them all." –Andrew Weatherhead

"I thought the dystopic future would be more exciting." –So Sad Today

"Every time I think I've sorted out my life, capitalism collapses." –Juliet

"Once I was mine. Now I am theirs." –Shoshana Zuboff

"All this time I thought I was a nomad. Nah, I'm just a runaway." –Sybil Prentice

"Recession is when your neighbor loses their job. Depression is when you lose yours." –Nicolas LePan

"Internet is the God that failed." –Johan Sjerpstra

"Bring up irrelevant issues as frequently as possible." –CIA manual

"We're not bored. We're boring." –Snapchat saying.

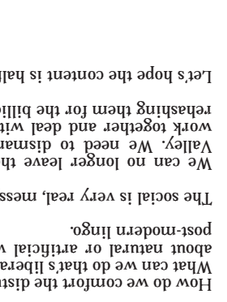
WE ARE NOT SICK

is Geert Lovink and John Longwalker

This is special edition zine for Lange Nacht Festival 2021

by the Band of Burnouts research lab at School of Commons

schoolofcommons.org/labs/burnout



This is the WE ARE NOT SICK lyric book.

by Band of Burnouts