**The Resurrection of Gilgamesh**

“If you don’t post it, did it really happen?” These words were spoken to me, however satirical in intent, while I was sitting with 50 other teenagers at a cast party after a production of “Grease.” Every single teenager present was on the phone, myself included. What else could I do? There was nobody to talk to. I was alone in a sea of phone screens. Although I chose to delete my social media many months ago, I still have not escaped its influence.

My generation has a Gilgamesh Complex, and it is enabled. Gilgamesh, for those unfamiliar, went on a quest for immortality, and when he discovered the impossibility of this act, vowed to make his name live on forever, the closest thing to immortality we humans have. Gilgamesh succeeded, as every high schooler who has read his epic knows. The problem is that fame, however short-lived, is in the grasp of every young human who has access to the Internet, American Dream Style. Everybody must have his or her name known, everybody must know who is doing what, to feed our Gilgamesh Complex.

As Karen Rosenberg said in the New York Times essay “Everyone’s Lives, in Pictures,” “The act of snapping a picture is no longer enough to confirm reality and enhance experience; only sharing can give us that validation.” In an age in which technology reigns, people feel the need to post every meal, every party and every coffee date, to prove that it happened. Susan Sontag, quoted in Rosenberg’s article, agrees with this view, saying, “Needing to have reality confirmed and experience enhanced by photographs is an aesthetic consumerism to which everyone is now addicted.”

The truth of this is proved through social media use in teenagers especially. Nobody is safe from the constant blue-lighted faces of teens, but not everybody understands the inherent addiction of proving you have a life. Teenagers are known for having stages of lower self-esteem and needing confirmation for confidence. Social media provides those confirmations with simple numbers. How many people like this and how many followers you have. It is the most straightforward way to see your status.

In The Huffington Post’s article “Inside the Mind of a Teen’s Instagram Post,” by Lauren Galley, Galley understands that teens use social media “to boost their self-esteem and gain popularity.” This confirmation becomes addictive, quickly. Galley discusses how teens use social media to define their self-worth. This is unhealthy behavior, as I, as a teen, know firsthand. I deleted my social media because of the obsessions that overtook me. We are faced with a generation of people who will not all decide to delete these enablers.

Welcome back, Gilgamesh.

**Works Cited**

Galley, Lauren. “Inside the Mind of a Teen’s Instagram Post.” The Huffington Post. 21 Mar. 2015.

Rosenberg, Karen. “Everyone’s Lives, in Pictures.” The New York Times. 21 Apr. 2012.