

# Virtual World And Virtual Relationships- A Paradox

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## Abstract

Getting emotionally connected to virtual world of serials, movies and social media get embedded as thought prints. Who will become victims to such virtual emotional world?

Those who are sentimental, those who experience sudden loss of someone deeply connected, and play of hormones may push one to seek love.

Who can fit into those images of love? A friend, class mate, sports partners may get imprinted or super-imposed on already present thought prints. The interplay of such emotions may seem reality. Feelings and emotions take the shape of a person(s).

That virtual turmoil may demand immediate solutions, or poetic Justice. How to face or get a proper solution, a solution from inside.

**Key Words:** Virtual reality, Para-social relations, internal turmoil, Superimposition/Transference

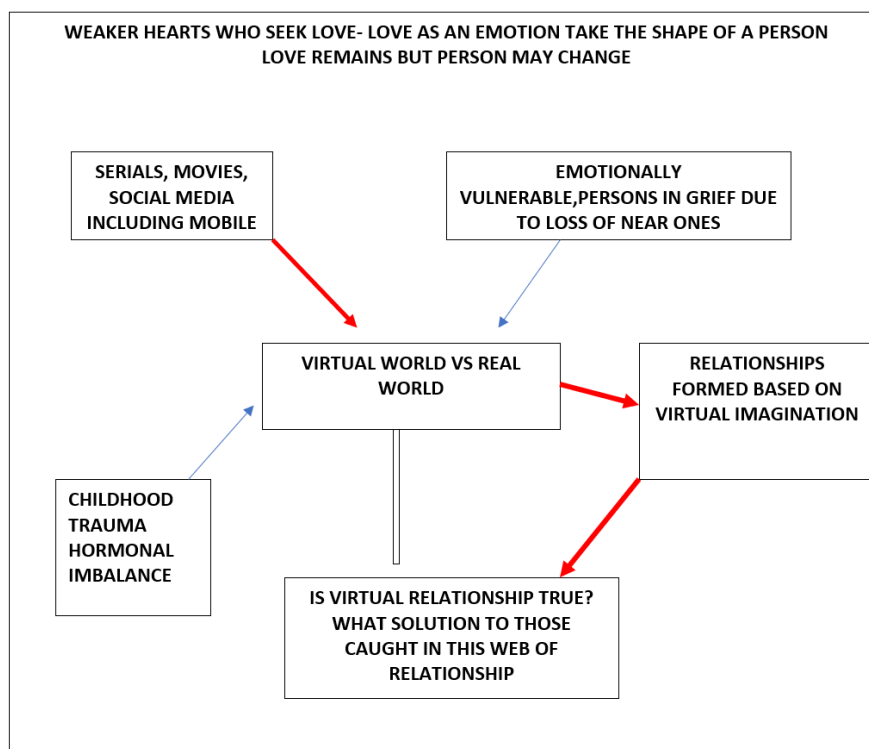
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“If music be the food of love, play on. Give me excess of it, that surfeiting  
The appetite may sicken and die”  
Twelfth Night, William Shakespeare

## I. Introduction:

Social media including mobile phones have become part and parcel of social lives of young and old. The flooding of serials in different languages depicting real-life situations, including movies and other social media have created a virtual world. In such virtual world many live, and try to follow in real lives. People who are emotionally vulnerable, those who suffer from early childhood trauma, and who get neglected by those whom they respect seek emotional outlet or support from virtual world.<sup>1</sup>



### **Understanding the Phenomenon: Internal Turmoil**

These represent complex cognitive and emotional experiences:

#### **First, it seems represent Immersive Para-social Relationships:**

Becoming emotionally bonded with characters in serials, movies, and social media creates powerful mental constructs ("thought prints") that have real neurological weight.

Superimposition/Transference: This is a psychological concept where past emotional imprints (the "virtual turmoil") are superimposed onto real-world acquaintances (friends, classmates) who exhibit similar traits. This transforms a real person into a projected "character" within the user's internal drama.

Seeking "Poetic Justice": This represents a cognitive desire to fix an unresolved narrative. The user is looking to resolve their internal, accumulated feelings (perhaps related to personal loss or a need for love) through a scenario involving a "real" person who they have superimposed over the virtual thought print.

**The "solution" to this kind of turmoil requires** cognitive restructuring, emotional regulation, and psychological processing—things data science cannot directly do.

#### **The Disconnect between Computation and Consciousness**

Digital world has created AI tools to process data. Digital science can process about human thought. It cannot directly process and influence the biological hardware of the brain. It can optimize neural network models on a server, but it cannot optimize the natural neural networks of the prefrontal cortex or amygdala.<sup>2</sup>

## **II. The Limits Of Prediction**

Machine learning and the creation of a powerful algorithm might be able to predict about an individual based on the data uploaded about the individual based on the behavior and the content they adopt from online. Such an individual is vulnerable to this type of internal superimposition. Prediction may prepare the individual deal with the situation but will not provide proper resolution.<sup>3</sup>

## **III. Algorithmic Inevitability**

**Recommendation Systems** may aim to maximize engagement, often by feeding more of what a user already consumes. If a user is immersed in virtual turmoil, an algorithm may exacerbate the issue by recommending more intense emotional content, not less.

**Search and AI Tools:** AI systems tools may give logical responses based on the data fed. What one needs is a genuine emotional bonding. It may not provide secure environment by hormonal regulation. It cannot provide the therapeutic structure to deconstruct internal "thought prints."<sup>4</sup>

## **IV. The "Internal Solution" Must Come From Within**

The virtual turmoil is not internal. Data science is external. But solution need to come from within. The "inside" refer to memory center, hormone play can only be processed through biological and psychological interventions.<sup>5</sup>

### **Actual Solutions<sup>6</sup>**

When an individual faces the kind of deep emotional displacement, the solutions get generated from fields related to mind and mental health.

#### **Psychological Solutions (Working with "Thought Prints")**

The goal is to differentiate virtual memory from current reality.

**Cognitive Behavioral Therapy (CBT):** Identifying irrational thought prints (say a classmate may fulfill the role of that character") and restructuring them through reality testing.

**Dialectical Behavior Therapy (DBT):** Techniques that help emotional regulation and distress tolerance, may answer the feeling or question - "brink of wanting loved" without needing to project it onto a surrogate.

**Grief/Loss Counseling:** The "sudden loss of someone connected" cannot be sought in a new and unrelated target.

#### **Biological Solutions (Working with "Hormonal Play")<sup>6</sup>**

Exercise and Nutrition will direct ways to influence neurotransmitters like serotonin and dopamine, stabilization of blood sugar, and overall mood control.

Psychiatry: A psychiatrist may give explanation for hormonal or neurochemical imbalances that are severe and prescribe medication that may be necessary to restore balance, allowing the cognitive therapy to work.

### **V. Conclusion:**

The true solution to internal turmoil, memory-center thought prints, and superimpositions lies in the domain of therapy, mindfulness, and direct psychological intervention.

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