

Subscriptions are Killing Our Wallets and Self-Restraint

I reach up into the cabinet to secure my evening, sleepy tea. The box is lighter than expected, and lo and behold, my own ignorant stupor led me astray, once again. No tea for me.

I often do that thing that every significant other hate; putting the empty container back into the place of storage. Only to later deceive the ones you love, or yourself, like I just did with my tea.

I am upset with myself, and question why I didn't do the mature thing, and get more while at the store (we won't go into the maturity level of leaving the empty box right now). I immediately have the 21st century thought of, I should just find a tea subscription service.

Luckily, fiscal responsibility cut in line of the frontal lobe and made sure the rational decision here was to not sign up for another subscription. This also made me question why I need the automation in my life to such a micro-level of the inventorying the tea in my cabinet.

The rational decision, outside of fiscal accountability, is to also have accountability in; your own ability to remember to grab an item, your ability to go without an item for a day or two (unless it's lifesaving), and your ability to find alternatives in life when the universe throws a wrench in your plans. (warm milk for me baby, don't hate)

Subscriptions remove all of that practice on accountability. I mean, sure, that is the literal purpose of a subscription; purchased accountability. But, that is where our society is faulting. We need the practice on accountability in these every day moments because it bleeds over into accountability in other aspects of life. I.E. Showing up on time, remembering important dates, waking up at 5:30am because you hear the trash truck coming and you forgot to take the cans out to the curb so you run out in your underwear hoping your neighbors don't see, etc.

My ex had numerous subscription-based products, and a lot of them ended up as waste or an overabundance of Celsius energy drinks taking up all the room in the fridge. Sure, it was convenient to always have it on hand, but then when do you realize that even Ander would be offended by the mass quantity? A waste of money, your space, and practice on accountability.

There are apps now that will show you all the subscriptions you have, because you don't even have accountability on that! The ironic part is, most of those apps also require a subscription.

We are becoming lazy, complacent beings, that forgot how to evolve our species towards a productive value. Capitalism is the primary culprit behind this notion. It drives the necessity for us to subscribe to convenience. Capitalism preys on a lack of accountability and self-restraint. How many expired, subscribed meal kits do you need to throw out before you believe me?

Stop the subscriptions, for your wallet's sake, and for your soul's sake.

P.S. Throwing the empty box away also helps practice accountability.