

One Fact, No Thread

Five sourced answers for the headlines people repeat. For your own reference, not to recite at anyone.

Offer one sentence, once, and only when asked or when it is already in the air. Then go back to the conversation.

"It wastes energy."

Cambridge researchers estimated the network's electricity use at about 138 TWh a year, roughly 0.5% of global consumption, with 52.4% of it from sustainable sources. Methods vary, but the direction has been consistent.

Cambridge Digital Mining Industry Report, April 2025 · allroadsbitcoin.com, Myth #1

"Only criminals use it."

Chainalysis put illicit activity below 1% of attributed crypto transaction volume in 2025, though that covers all crypto and the dollar total was a record. The UN estimates 2 to 5% of global GDP is laundered each year through the wider financial system.

Chainalysis, January 2026 · UNODC · allroadsbitcoin.com, Myth #3

"It is a Ponzi scheme."

A Ponzi scheme pays earlier investors with money from newer ones and relies on an operator who keeps the books hidden. Bitcoin has no operator, promises no return, and has had a public ledger since 2009. In March 2026 the SEC and CFTC jointly described it as a digital commodity, not a security.

SEC, Investor.gov · SEC and CFTC interpretation, March 2026 · allroadsbitcoin.com, Myth #17

"It is a bubble."

Bitcoin has fallen more than 75% from a peak at least three times and has set a new high after each one. That is history, not a forecast, and it says nothing about the next fall or recovery.

Newhedge, Bitcoin drawdown history · allroadsbitcoin.com, Myth #4

"I cannot afford a whole one."

You never needed a whole one. One bitcoin divides into 100,000,000 satoshis, so you can own any amount, however small.

Bitcoin Wiki, Satoshi (unit) · allroadsbitcoin.com, Myth #6

Full guide: allroadsbitcoin.com/quiet-ways-to-help-someone-understand-bitcoin/ · **No hype. No price predictions. Just evidence.**

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