

Scrolling and Comparing

Looks at what your feed does to how you see your own body, and what you want to change.

WHEN TO USE THIS

Use this after an evening of scrolling that left you feeling worse.

Whose posts leave you feeling worse? You do not have to be fair about it.

What are you telling yourself while you look at them?

What could change about how you scroll?

- ☐ Mute the accounts that sting
- ☐ Unfollow a few of them
- ☐ Only look at a set time
- ☐ Phone in another room in the evening
- ☐ Follow people built like me
- ☐ Notice it and put the phone down
- ☐ Nothing yet, only watching for now

Which one are you doing today?

Those images are made to hold your eye. Feeling worse afterward is the design, not you.