

COMPARISON DETOX

Find a quiet space where you won't be interrupted. Think about how much time you spend on social media and how this makes you feel. Answer the questions below.

01

List the ways in which you don't feel good enough. For example: my body is not good enough; I don't do enough; I'm not motivated enough. Allocate these beliefs a score on a scale of 1 to 10 with 1 being the least satisfied and 10 being more satisfied.

02

Turn off your social media notifications. Check social media just once a day.

03

List the people and social media threads you follow most frequently. Identify which ones make you feel the least positive about yourself. Unfollow them.

04

After one week rescore your old beliefs about yourself – what do you think and how do you feel about them now?