

Bad thinking habits + bad behavioural habits = bad outcomes



SELF SABOTAGING BEHAVIOUR

Spending hours a day on social media, comparing and rating myself to others, counting and measuring who is treating who with what I think is respect and inclusion, and how that affects me. (Can lead to silly 'hate scrolling', stalking, and attempts to punish or manipulate other users).

FEELINGS caused by the habit:

Stress hormones / threat response triggered.

Upset, anxious, angry, jealous, sad, disappointed.

Thinking paired with the habit and then driven by the habit – causing yourself unnecessary upset by constantly assessing your social status and others' social status – with generally negative responses to the following:
“Am I part of the group? Am I being treated with respect? Am I behaving properly? Are they behaving properly? Am I funny enough? Am I included or excluded? Am I interesting enough? Am I attractive enough? Is this situation good or bad?”

COST of the habit:

Causing myself and others unnecessary upset. Loss of time in the real world – not 'present', not socialising with real people in real-time, or pursuing healthier activities which give reward and stimulation.

What did you learn? Key idea notes: