

How To Love Yourselfie User Answers

Love Your Selfie (Promote real versus ideal body image)

Understanding how the “ideal” body messages on social media are impacting me

User ID: dev@addion.com

- **What’s my idea of the “ [ideal](#) ” body? (Please describe in a few words). :**
 - facebook
- **What’s one social media account I follow that often promotes the idea that I should look a certain way or should prioritize attaining an “ideal” body? :**
 - testing ted
- **After spending time on this account, what negative and positive thoughts or [feelings](#) do I have about my body? :**
 - testing again
- **Now understanding more about my thoughts and feelings about my body when looking at this account, is viewing this account something that benefits me? :**
 - not sure
- **If the account is helpful for my [body image](#) , great! If it’s not, what might I do about that? (It’s OK if I don’t know yet).:**
 - what to say

Learning the truth about diets: They don’t work!

- **What’s one social media account I follow that shares messages about**

food (e.g., what to/not to eat, when to eat for weight loss, super healthy foods) and body (e.g., emphasis on fitness, exercise, shape, size, or weight)? :

- XX

▪ When I'm looking at this account, what am I wanting (e.g., to find tips for weight loss, becoming stronger, or [fitspiration](#))? :

- XX

▪ If I was ready to [push back](#) against negative body image messages that come from diet culture, what is one social media goal I could set for myself? :

- XX

▪ Besides online, where else in my daily life do I hear or see messages related to diet culture?:

- XX

▪ If my eating and/or fitness practices are different than an influencer or others I follow, what are my thoughts and feelings after spending time on their account? :

- XX

Leaning the value of body diversity

▪ What do I think or feel about the above paragraphs?:

- XX

▪ Have I spent time on social media accounts that show images of realistic bodies in a variety of shapes, sizes, skin colors, genders, and abilities? :

- XX

▪ What assumptions do I make about people of different shapes and sizes when viewing these accounts?:

- XX

▪ After spending time on these accounts, how do I feel about my own natural body? :

- XX

▪ If I were ready to prioritize accepting my body and all of its unique

qualities, how could I change my social media habits to reflect being less judgmental of how my body looks?:

- xx

Understanding the truth about healthy eating: our bodies already know what to do!

- **Do I follow accounts that promote eating in certain ways or the idea that foods have “health” values? Why or why not?:**
 - asd f
- **What does healthy eating mean to me? How did I come up with this idea?:**
 - <https://loveyourselfie.addionworks.com/love-yourselfie/>
- **In thinking of the social media accounts I follow, is the “healthy” eating that’s promoted accessible to everyone? (For instance, could I eat this if I didn’t have access to a large supermarket or had to budget my money very carefully?):**
 - <https://loveyourselfie.addionworks.com/love-yourselfie/><https://loveyourselfie.addionworks.com/love-yourselfie/>
- **Also, in thinking of the social media accounts I follow, does the “healthy” eating that’s promoted emphasize relying on my own inner wisdom (e.g., my cravings and hunger/fullness cues), or does it encourage me to follow someone else’s ideas about how I should eat?**
 - <https://loveyourselfie.addionworks.com/love-yourselfie/><https://loveyourselfie.addionworks.com/love-yourselfie/><https://loveyourselfie.addionworks.com/love-yourselfie/>
- **What are some of the possible benefits from spending more time on social media accounts that promote flexible eating and genuine body acceptance? :**
 - <https://loveyourselfie.addionworks.com/love-yourselfie/><https://loveyourselfie.addionworks.com/love-yourselfie/><https://loveyourselfie.addionworks.com/love-yourselfie/><https://loveyourselfie.addionworks.com/love-yourselfie/>

Explore Yourselfie (Enhance habits of prevention)

Becoming aware of how my social media reflects how I feel about myself

User ID: shawn.pham@ERCPATHLIGHT.COM

- **What are five values that are really, really important to me? (Hint to discover my values, fill in the blank: Being or having _____ is super, uber important to me.):**
 - n/a
- **What kinds of feelings did I just experience while thinking about my values?:**
 - n/a
- **Which of the values I listed above am I doing the best at living out in my online and real lives?:**
 - n/a
- **How does it feel to realize I'm making choices that align with that value?:**
 - n/a
- **What's one thing I can do to bring my values more into my social media practices?:**
 - n/a

Recognizing the dangers of comparison

- **What's one social media account I follow that leads me to compare my body, life, or overall self to someone else?:**
 - n/a
- **Can comparison be positive, like inspirational? If so, when was the last time I experienced inspiration instead of competition online?:**
 - n/a
- **How would my life be different if I was to unfollow any accounts that**

trigger comparisons (positive or negative)?:

- n/a
- **What negative thoughts do I notice that I have about who I am, how I look, what I have, or what I do while I am comparing myself to others?:**
 - n/a
- **If I notice my mind spinning with unhelpful comparisons or feeling not “ [good enough](#) ,” can I remind myself that there’s a good chance I was just tricked into comparing my reality with their [curated](#) post? :**
 - n/a

Promoting the full scope of self-care

- **What is one site I visit that promotes forms of self-care that are not appearance-based?:**
 - dionworks.com/facts-credits/
- **What inspires me when I am on this social media account?:**
 - dionworks.com/facts-credits/
- **What feelings do I notice when I spend time on this account that has nothing to do with how I look or what I eat, but focus instead on other types of self-care that are important to me? :**
 - dionworks.com/facts-credits/dionworks.com/facts-credits/
- **What are two possible benefits of changing my social media habits and spending more time on accounts that reflect all the different forms of self-care beyond appearance?:**
 - dionworks.com/facts-credits/dionworks.com/facts-credits/
- **[255 show="field_label"]:**
 - [255]

Help Yourselfie Reflections

Creating new practices for being kinder to myself

User ID:

- **What do I think or feel about the above concept? (E.g., Does self-compassion feel impossible, inviting, or not sure?):**
 - vv
- **If self-compassion is difficult for me, what do I think makes it so hard? If it's easy, why is it easy?:**
 - vv
- **When I see something online that makes me feel like a loser, stupid, worthless, ugly, or bad (you get the picture), how can I show myself more self-compassion?:**
 - vv
- **If I think of the last time I posted something that made me cringe, and I repeat the mantra I chose above (instead of dwelling on the cringe factor), how does that feel? :**
 - vv
- **[268 show="field_label"]:**
 - [268]

Challenging your inner desire for perfectionism

- **What do I think and feel about what I read above?:**
- **[273 show="field_label"]:**
 - 273]
- **As I consider the impact of negative thinking patterns, do I identify with any? If so, which and why? :**
- **Sometimes people-even family or friends-say things about me that seem to support my negative thinking styles. That can make those negative thoughts about me FEEL true. Rather than reacting with**

acceptance, what can I do, instead, that might help or at least feel better? :

- Know that I am not the same person as my friends and I am wonderful as I am
- **[392 show="field_label"]:**
 - [392]

How to take Ownership of my self-worth

- **When I think of a perfect post or selfie—mine or someone else’s—why was that perfect in my eyes?:**
 - vv
- **If I hope for something I share to spread or “go viral,” what actions do I typically take to enhance the shot (e.g., editing/using filters, finding dangerous locations, etc.)?:**
 - 279]
- **What can make something great to share? (E.g., A cherished memory? An image that includes someone I love with me? A moment in life where I felt wonderful? Maybe a non-selfie image that simply makes me feel joy when I look at it.):**
 - vv
- **[281 show="field_label"]:**
 - [281]
- **[277 show="field_label"]:**
 - [277]

How to reach out for support when I’m feeling really down on myself

- **What’s a recent mistake I made online or [IRL](#) that is hard to let go of or get over?:**
 - fff
- **Are there aspects of my identity (e.g., gender or sexual minority, [BIPOC](#) , living in a larger body) that may make it harder to “let go” of my mistakes? :**
 - 284]
- **Imagine a close friend made a similar mistake. What would I say to this friend to help them show more self-compassion and learn from their mistake?:**
 - fff
- **[286 show="field_label"]:**
 - [286]
- **[393 show="field_label"]:**
 - [393]

Be Yourselfie (Engage in media literacy)

Ways to be more authentic on social media

User ID:

- **It’s important to remember that everyone has bad days, even when it seems like their life is great online. What are different ways I could ask for support when I’m having a hard day?:**
 - dd
- **What’s something that might stop me from reaching out?:**
 - SSS
- **Can I recall someone else’s share that made me want to support them (comment, post a kind emoji, etc.), and if so, what was it and why did I want to connect?:**
 - SS

- **If a friend posted or shared about a bad day but didn't get the response they had hoped for, how might I comfort them?:**
 - SS
- **Recognizing that self-compassion is basically treating myself as I would a dear friend, if I posted or shared about a bad day but didn't get the response I had hoped for, how might I comfort myself?:**
 - SS

How to make sure my posts promote acceptance

- **When was the last time I posted a photo of myself without using a filter or editing it?:**
 - SS
- **Why did I use a filter or edit the picture? How might I have felt if I posted the same picture without changing it?:**
 - SS
- **What makes it difficult for me to be fully authentic online in photos and posts? (These might be things like fear of others' comments, wanting to avoid stereotypes about my race/sexuality, etc.):**
 - SS
- **Do I ever think about how much time people I follow online spend on editing and otherwise manipulating their posts?:**
 - SS
- **What's one way I can be more authentic in my social media posts?:**
 - SS

How to make sure the accounts I follow on social media represent the real me

- **What social media post of mine has gotten the most engagement through likes, comments, and/or shares?:**
 - CC
- **What emotions did this post evoke in the others that liked, commented, or shared?:**
 - CC
- **Of the emotions named above (joy, sadness, disgust, rage, awe), which would I like for my posts and content to inspire in others? (It's okay if there is a different emotion that's not listed, write that one down!):**
 - CC
- **When I think about the answers above, to what extent am I posting and sharing content online that makes me feel proud of what I'm sharing?:**
 - CC
- **What's one thing I can do this week to post content that aligns with the emotion I stated in question 3? How might I feel after doing this?:**
 - CC

How to highlight my hobbies and encourage community activism

- **If someone were to look at my social media account and posts, what conclusions might they draw? What impression do I think they might have? Another way to think of this is, "Who would they think I am as a whole person?":**
 - CC
- **Are there parts of myself I am less likely to share on social media? Why?:**
 - CC
- **Do the accounts I follow and posts I like or comment on offer an accurate representation of a real me?:**
 - CC

- **What's something I can start doing today to make my [digital footprint](#) more representative of me as a whole? (This might be following accounts related to an interest, sharing a post about a part of my life I don't usually, etc.):**
 - CC
- **How does it feel to think about sharing more of my authentic self through posts, comments, and follows?:**
 - CC

Cherish Yourselfie (Encourage actions that lead to mental and physical health and happiness; choose optimism and improving relationships)

How to Cultivate Optimistic Thinking

User ID: dev@addion.com

- **IRL, what are two things I do as self-care? These can range from taking a relaxing bath to reading a self-help book. :**
 - /facts-credits/
- **What, if any, social media accounts do I visit that promote forms of [self-care](#) that are NOT appearance-based?:**
 - /facts-credits//facts-credits/
- **What inspires me when on those social media accounts?:**
 - /facts-credits//facts-credits//facts-credits/
- **What terms could I use to search for and find social media accounts to help me with the self-care skill I chose above?:**
 - /facts-credits/
- **[394 show="field_label"]:**
 - [394]

How to Appreciate Myself

- **How do I feel or what do I think about the idea of being optimistic? :**
 - ff
- **What's one thing on my mind that I've been feeling really negative about? :**
 - ff
- **What's something I can say about this negative topic that encourages me to focus on the bright side?:**
 - ff
- **What's most likely to get in the way of me being more optimistic?:**
 - ff
- **What benefits might I gain if I practice more optimistic thinking?:**
 - ff

Ways to Learn from My Mistakes

- **What do I like most about social media and why?:**
 - v
- **One thing I plan to do to love, explore, help, be, or cherish myself (and others) online is::**
 - v
- **What kinds of thoughts and feelings do I experience when I think about the above?:**
 - v
- **What's most likely to get in the way of me actually doing my plan?:**
 - v
- **What can I do on my own social media that might offer good-feels, inclusivity, and positivity on social media?:**
 - v
- **[395 show="field_label"]:**

▪ [395]

How to make my social media feed more optimistic

- **How do I want to feel after creating and engaging with social media?:**
 - /facts-credits/
- **What messages do I want to put out there in the world (via social media)?:**
 - /facts-credits/
- **What boundaries do I need to construct (around time, types of accounts I follow, language I use in my posts) to make or keep social media a positive aspect of my life?:**
 - /facts-credits/
- **What will I do if I recognize that engaging with social media doesn't create the feeling I mentioned in #1?:**
 - /facts-credits/
- **What's the most important thing for me to remind myself of every time I log into social media accounts? (E.g., I'm only seeing the parts of people's lives they want to share; there's no standard I have to live up to when posting; images may or may not reflect reality, etc.):**
 - /facts-credits//facts-credits//facts-credits/