

## Chapter 2 Resources: The Digital Mirror

### Worksheet: Exploring Self-Perception Online

This worksheet help you understand how social media habits shape self-perception, emotional well-being, and relationship satisfaction. It highlights the contrast between authentic experience and idealized online portrayals.

#### Step 1: Digital Self vs. Real Self

Compare how you present yourself online versus how you feel in everyday life.

Reflection	Response
How do you usually present yourself on social media ( <i>style, tone, highlights</i> )?	
Does your online image feel true to who you are?	
Are there parts of yourself you hide or edit out? If so, why? ( <i>respond below</i> )	
How does your online self-presentation affect your confidence or self-esteem?	

#### *Reflect on:*

- What's one thing you could do to make your online presence feel more authentic? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### Step 2: Social Comparison Tracker

Over the next three days, log moments of comparison while using social media.

Day	Trigger ( <i>What made you compare?</i> )	Emotional Impact ( <i>envy, shame, inspiration?</i> )	Was the comparison realistic?
1			
2			
3			

**End-of-Week Reflection:**

- What patterns did you notice? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- How can you switch from comparison to self-appreciation? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Step 3: Digital Mood Reflection**

Track your emotional response to time spent online by answering the following questions:

- After scrolling, how do you usually feel (e.g., inspired, anxious, lonely)? \_\_\_\_\_  
\_\_\_\_\_
- Are there specific accounts or types of content that affect you more? \_\_\_\_\_  
\_\_\_\_\_
- What habit could improve your experience (e.g., muting accounts, reducing time)? \_\_\_\_\_  
\_\_\_\_\_

**Step 4: Reality Check with Gratitude**

Use gratitude to ground your self-worth outside of digital validation.

**Daily Practice (for one week):** Write down three things you're genuinely grateful for each day, these could include:

Day	Trait, Moment, or Experience	Type	Notes or Emotion Felt
1	A personal trait you're proud of	Trait	
2	A moment of connection or kindness	Connection	
3	Something offline that brought joy	Experience	
4	A digital interaction that felt genuine	Online	
5	A challenge that taught you something	Growth	
6	A value you acted on or upheld	Integrity	
7	A part of yourself you're learning to accept	Self	

***End-of-Week Reflection:***

- What did you learn about yourself through this exercise? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- Has anything changed in how you see your life compared to online portrayals?  
 \_\_\_\_\_  
 \_\_\_\_\_

**Optional Therapist Prompt (for clinical work):**

- How much of your self-image is shaped by external validation vs. internal values?
- What role does social media play in your feelings of self-worth or relationship satisfaction?
- What boundaries, habits, or mindset shifts could help you reclaim emotional authenticity online and offline?