WORKSHEET **Comparison Check**

Use this the next time you feel the drop, online or in person.

Who or what set it off: _____

Where I was and how tired I was: _____

What the critic said: _____

What I'm not seeing about her life: _____

What I wish I had (tick one):

☐ The thing itself: _____

☐ The feeling behind it: _____

☐ Nothing, it just looked shiny next to a hard day

One small step toward what I want: _____

A kind line for her, if she's someone I know: _____

What I'd say to her if I were my own best friend: _____

Feed cleanup, this week:

☐ I tried the after-feeling test on the accounts I see most.
☐ I hid or stopped following one account that always leaves me feeling less like myself.
☐ I followed three accounts that feed something I want.
☐ I gave one waiting place something other than my phone.

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