

teenFEMM

Day

Social Media used: **Snapchat** **TikTok** **Instagram** **Discord** **Other**

Time spent:

Do you feel more or less happy after time spent on social media?

Less happy			No difference				More happy			
0	1	2	3	4	5	6	7	8	9	10

Do you feel more or less confident in your choices and abilities after time on social media?

Less confident			No difference				More confident			
0	1	2	3	4	5	6	7	8	9	10

Do you feel more or less confident about your body after time spent on social media?

Less confident			No difference				More confident			
0	1	2	3	4	5	6	7	8	9	10

Do you feel more or less grateful for the things you have in your life?

Less grateful			No difference				More grateful			
0	1	2	3	4	5	6	7	8	9	10

Notes: Thoughts/Ideas/Reflections?

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