

Worksheet

Exploring Self-Perception Online

This worksheet can help you to 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

How do you usually present yourself on social media (e.g., style, tone, highlights)?

Does your online image feel true to who you are?

Are there parts of yourself you hide or edit out? If so, why?

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, create a log of moments of comparison while using social media.

Day	What Made You Compare?	Emotional Impact (e.g., envy, shame, inspiration)	Was the Comparison Realistic?
1			
2			
3			

At the end of the three days, keep your log in mind as you reflect on the following questions.

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. For the next seven days, write down three things you're genuinely grateful for. For inspiration, you might focus on:

- A personal trait you're proud of
- A moment of connection or kindness
- Something offline that brought you joy
- A part of yourself you're learning to accept
- A digital interaction that felt genuine
- A challenge that taught you something
- A value you acted on or upheld
- Other

Day	Trait, Moment, or Experience	Emotion You Felt
1		
2		
3		
4		
5		
6		
7		

At the end of the seven days, keep your log in mind as you reflect on the following questions.

What did you learn about yourself through this exercise?

Has anything changed in how you see your life compared to online portrayals?
