

Relationship with Digital Devices and Social Media: Journal Prompts

Self-Awareness and Digital Use

1. How much time do I spend on my digital devices each day? How do I feel about this amount of time?
2. How do I typically use social media? Is it mostly for connecting with others, entertainment, or something else?
3. When I think about my digital habits, what patterns do I notice? Do I use devices mindlessly, or do I use them intentionally?
4. How does my relationship with my devices or social media impact my mood or well-being? Do I feel better or worse after using them?
5. How do I feel when I'm disconnected from my phone or digital devices? What emotions come up when I'm not immediately accessible online?

Impact of Social Media

6. How does social media influence my self-esteem and self-image? Are there accounts or types of content that make me feel good or bad about myself?
7. What kind of content do I typically consume on social media? Is it uplifting and positive, or does it often lead to comparison and negativity?
8. How do I respond to posts or comments that challenge my beliefs or values? Do I engage in discussions, or do I withdraw or feel upset?
9. How does social media affect my relationships? Do I feel more connected or disconnected from the people in my life after spending time online?
10. What boundaries do I have around social media (e.g., how often I check it, when I use it)? Are these boundaries working for me, or do I need to reassess them?

Setting Boundaries with Technology

11. What specific behaviors or habits do I want to change when it comes to my use of devices or social media? How can I make these changes?
12. How can I set intentional time limits or boundaries around my device usage each day to help me maintain balance and focus?
13. How do I feel about using my phone or computer right before bed? What changes can I make to improve my sleep and wind-down routine?
14. What activities could I do to replace excessive device usage, especially if I find myself scrolling out of habit or boredom?
15. How can I create digital detox moments throughout my day to ensure I'm staying present and connected to the real world around me?

Enhancing Real-Life Connections

16. How does my digital device usage impact the quality of my in-person relationships? What can I do to make sure I'm more present when spending time with others?
17. How can I use social media more intentionally to deepen meaningful connections, rather than just passing time or seeking external validation?
18. How can I be more mindful when texting or messaging others? Am I responding thoughtfully, or am I simply reacting quickly without considering the impact of my words?
19. How can I set aside specific times during the day to focus on face-to-face interactions and avoid distractions from devices?
20. What steps can I take to nurture my relationships both online and offline without letting digital communication take over?

Managing FOMO (Fear of Missing Out) and Comparison

21. How often do I experience FOMO when I see others posting about their experiences online? How does this affect my mood or behavior?
22. How can I remind myself that what I see on social media is often a curated version of reality, and how can I let go of comparisons to others?
23. How do I feel when I take a break from social media or reduce my digital consumption? Does this create feelings of relief, guilt, or anxiety?
24. How can I adjust my mindset to focus on gratitude and self-compassion instead of comparing my life to others on social media?
25. What are some positive affirmations or reminders I can tell myself to combat negative thoughts or comparisons sparked by social media use?

Digital Minimalism and Intentional Use

26. How can I evaluate the digital content I consume and choose to follow accounts or consume media that aligns with my values and contributes positively to my life?
27. What does digital minimalism mean to me, and how can I apply it in my daily routine (e.g., reducing clutter on my phone, unfollowing accounts that bring me down)?
28. How can I intentionally use technology to further my personal growth or passions, such as learning, creativity, or health?
29. How can I balance my need for digital connection with the need for solitude or self-care? What practices can help me achieve that balance?
30. What are some digital habits I'd like to cultivate that would enhance my productivity, focus, or well-being (e.g., organizing my phone apps, unsubscribing from unnecessary emails)?