

Social Media Survival Guide - Step Back

- 1 What's the bigger picture here? Where did this begin?
- 2 Does the story seem too good (or bad) to be true?
- 3 Does the story confirm stereotypes about a group of people?
- 4 What's the dominant story being told? Who does it serve?
- 5 Is there another side of the story or point of view that needs to be considered? What is it?
- 6 Whose voice is missing from the conversation? Why?
- 7 When was it published? If it's a few years old why is it circulating now?
- 8 Does the story have a named writer/producer? Can they be found on social media?
- 9 Why is this important to talk about? Where can I go to educate myself about this?
- 10 Who is affected by this? How?

Social Media Survival Guide - Lean In

- 1 Where do I stand? How does this align with my values? Or what can my values teach me about where I stand?
- 2 Is now the time to voice my opinion or observe and learn?
- 3 If I'm going to share my voice, where is the best place for me to do that? (journal, family, friends, coach/therapist, co-workers, publicly)
- 4 Does this story confirm the beliefs I already hold? Can I find other sources that confirm this information? Can I find ones that counter it?
- 5 How do I feel when this topic is discussed? What happens in my body?
- 6 Does this make me feel vulnerable? What does my body need so I can calm my nervous system and show up grounded anyway? (ex. yoga, meditation, exercise, Reiki, time in nature...)
- 7 How can I remind myself that it's okay to mess up?
- 8 What mantra can I create to stay grounded when I face criticism, shame and judgment?
- 9 Where am I slipping into an "us vs them" mentality? How can I show up with empathy instead?
- 10 Where is there an opportunity to connect and build-up?