



1. SOCIAL MEDIA:

Once you hit _____ you can never get it back!

2. UNREALISTIC EXPECTATIONS (School, Sports, Family, Culture, etc.)

When you compare yourself to other people you are comparing what you perceive to be their _____ with what you perceive to be your _____. You will always fall _____.

3. UNHEALTHY FRIENDSHIPS:

Show me your friends and I will show you your _____.

4. UNHEALTHY RELATIONSHIPS:

When _____ are crossed, _____ is lost.

