

#### Journal 9:

When it comes to scale and how I scored I feel that I have scored in a normal range. The two that I scored on was spending time on social media then I would like and neglected other activities. I feel like these are normal ones that people score on mostly because many people try to get out of chores or are just stuck at work for no reason. As the famous military saying goes “hurry up and wait”. Many times, at my job I finish my work with in 3 hours, but because I’m law enforcement I spend large amounts of my time sitting in a unit either waiting for a call or traffic enforcement and TikTok really does help kill time. I feel that around the world, especially in this day of technology, people spend way too much time on social media. I walk around my job and see people from all aspects of life and most of the time they are on Instagram, snapchat, reddit, or TikTok. Yes, there are countries the limit social media like China and North Koria, but I am sure they have their own monitored version of social media that the US and other countries have today.