

During the past year have you...

1. Regularly found that you can't think of anything else but the moment you will be able to use social media again? Yes/**No** (Preoccupation).
2. Regularly felt dissatisfied because you want to spend more time on social media? Yes/**No** (Tolerance).
3. Often felt bad when you could not use social media? Yes/**No** (Withdrawal).
4. Tried to spend less time on social media, but failed? Yes/**No** (Persistence).
5. Regularly neglected other activities (i.e. hobbies, sports, homework) because you wanted to use social media? Yes/**No** (Displacement).
6. Regularly had arguments with others because of your social media use? Yes/**No** (Problems).
7. Regularly lied to your parents or friends about the amount of time you spend on social media? Yes/**No** (Deception).
8. Often used social media to escape from negative feelings? Yes/**No** (Escape).
9. Had serious conflict with parents, brother, sister (friends, relationships etc.) because of your social media use? Yes/**No** (Conflict).

**Score: 0 of 9**

With the score in mind, it can be shown that I use social media in a fairly healthy way. Although I do spend a decent amount of time on it, I still tend to avoid any type of negativity on social media. One thing that is up for discussion is using social media to escape from negative feelings. Albeit I do use social media to help "distract myself" from the world, I'm only using it to "have a laugh" and it allows me to recuperate to focus on other important matters. Why seeing negativity on social media is a common thing, the main takeaway from it is that the people who are being negative probably are going through something and want to "get it off their chest" to hopefully feel better, albeit there are times when it's just someone being angrily ignorant.