

My Social Media Pattern

Noticing how social media fits into my day

Name _____ Date _____

Social media can serve different purposes, including connection, information, entertainment, community and taking a break. People also experience it differently. This form is an opportunity to notice what happens before, during and after you use social media, and to consider whether there are any patterns that are useful for you to understand.



Before
what I reach for, and why



During
what I do, and notice



After
what it leaves me with

01 Before I open it

What was happening just before I reached for my phone?

- | | |
|--|--|
| ☐ I was bored | ☐ I felt lonely |
| ☐ I felt anxious | ☐ I felt stressed |
| ☐ I wanted a break | ☐ I wanted to connect |
| ☐ I was curious | ☐ I was avoiding something |
| ☐ Something prompted me | ☐ It was part of my routine |
| ☐ Other: _____ | |

What was I looking for?

- | | |
|--|--|
| ☐ Connection | ☐ Distraction |
| ☐ Information | ☐ Entertainment |
| ☐ Reassurance | ☐ Inspiration |
| ☐ Belonging | ☐ Something to focus on |
| ☐ I wasn't sure | ☐ Other: _____ |

02 While I'm there

What am I mostly doing?

- ☐ Connecting with others
☐ Sharing or posting
☐ Watching
☐ Searching
☐ Reading
☐ Checking for responses
☐ Comparing myself with others
☐ Following news or information
☐ Scrolling without a particular purpose
☐ Other: _____

What am I noticing?

MY ATTENTION FEELS

- ☐ Focused ☐ Scattered ☐ Relaxed
☐ Pulled towards the screen

MY BODY FEELS

- ☐ Calm ☐ Tense ☐ Energised ☐ Restless ☐ Neutral

OTHER THINGS I NOTICE

03 What happens to me?

0 = not at all · 10 = extremely

	BEFORE	AFTER
Mood	_____ /10	_____ /10
Anxiety	_____ /10	_____ /10
Loneliness	_____ /10	_____ /10
Self-criticism	_____ /10	_____ /10
Energy	_____ /10	_____ /10
Mental stimulation	_____ /10	_____ /10

After using social media, I generally notice:

- ☐ I feel better
☐ I feel much the same
☐ I feel different, but I'm not sure how
☐ It varies depending on what I see or do

WHAT DID I NOTICE?

My Social Media Pattern

04 A pattern I notice

Social media seems helpful or enjoyable for me when...

I tend to use it differently when...

I notice a different effect when...

Something I hadn't noticed before is...

The content that seems to affect me most is...

05 What may be part of the pattern?

which of these seem relevant to your experience?

- | | | |
|--|--|---|
| ☐ Social comparison | ☐ Seeking reassurance | ☐ Wanting connection |
| ☐ Curiosity | ☐ Habit or routine | ☐ Avoiding something temporarily |
| ☐ Looking for information | ☐ Checking for feedback | ☐ Fear of missing something |
| ☐ Staying mentally stimulated | ☐ Winding down before sleep | ☐ Difficulty stopping when I intended to |
| ☐ Other: _____ | | |

These experiences are not inherently problematic. The aim is simply to notice whether any are part of your own pattern.

06 An experiment, if I want one

Is there something I'd like to notice or try differently?

What might I notice?

- | | |
|--|--|
| ☐ Mood | ☐ Anxiety |
| ☐ Sleep | ☐ Attention |
| ☐ Self-talk | ☐ Relationships |
| ☐ Sense of choice | ☐ Something else: _____ |

What would I like to find out?

My takeaway

What am I learning about my own social-media pattern?

One small change I might explore, if it feels useful:

A QUESTION TO RETURN TO

“What am I looking for right now, and what happens when I find it?”

SOURCE

Clinician-developed reflective exercise. Not a diagnostic instrument or standardised measure.