



- Negative image of self doesn't start with social media however it can certainly be perpetuated through the use of social media in the child, adolescent, and adult population.
- Those individuals who are naturally vulnerable to self-criticism and self-doubt will fall victim more easily to the negative influences of social media. Regardless of how old you are the pressures that accompany being judged can be overwhelming.
- The sources of judgment have become so vast and so public that the pressure and resulting compromised sense of self becomes a large focus of many individuals seeking the guidance of a mental wellness professional.
- The Internet provides us with a source of constant exposure to the lives of others. We have stepped into a time when how we live and what we choose to do with our time has been made public. Social media invites in the opportunity of onlookers to criticize and give feedback on every move made in life. Although the expansion of social media has been undeniably great for us as a people it has also contributed to a new set of problems and issues that are constantly being managed in different systems.
- It has fueled bullying in the school systems; it has contributed to worsening issues related to the developing self-image, self-worth, and a secure sense of self. There are many people who regularly engage in so much conflict and unhealthy lifestyle practices fueled by the social media.
- Social media is obviously a world within itself that can either be utilized to an individual's advantage or can ultimately be a source of self-destruction. Parents are responsible for monitoring and using their own judgment as it relates to the amount of access children and teenagers have to social media. Parents want to obviously protect their children from any of the negative outcomes of overly utilizing, or inappropriately utilizing social media.

So as we measure ourselves against one another we can either come out as a winner or loser. There are many people who focus on the evidence that they have somehow lost or are losing. They embrace the thought that they have not measured up and the concept of not measuring up leads to feelings of self-doubt, anger, jealousy, rage, sadness, and worry.