**Snapchat Doctrine**

Tenet 1: Only open Snapchat with the purpose to engage in communication.

Tenet 2: Never open Snapchat for the purpose of procrastination.

Tenet 3: Never send a message that does not contain text or use of the draw tool, or some other method of conveying meaningful information.

Tenet 4: If you receive a message in violation of Tenet 3, the sender of the message is not entitled to a response.­­­

Tenet 5: If you decide to respond to a message in violation of Tenet 3, it should always shame them for failing to abide by it.

Tenet 6: Do not, for any reason participate in steaks for any reason.

Tenet 7: Do not communicate with a person unless you 1: have an established relationship of some kind or 2: are **actively** seeking a relationship of some kind with them.

Tenet 8: Whenever possible, avoid viewing other peoples’ stories, and **never** spend the time to look at the same story more than once.

Tenet 9: Only seek to post something to your story when you believe at least 3 people will swipe up on it.

**TikTok Doctrine­**

Tenet 1: Delete TikTok

**Instagram Doctrine**

Tenet 1: Delete Instagram

Tenet 2: Download LinkedIn

**LinkedIn Doctrine**

Tenet 1: Retire

Tenet 2: Shitpost