

1. **What do you usually pay attention to first when you open a social app—and why do you think that is?**
I usually pay attention to notifications or messages first because they feel immediate and personal, demanding a response.
2. **What's one thing you've never noticed about your feed before that now feels obvious?**
The repetitive nature of content, like variations on trending memes, now feels obvious.
3. **What kind of posts grab your attention but leave no impression?**
Flashy, clickbait-style posts grab my attention but leave no impression because they lack substance.
4. **What kind of posts feel small but stick with you for days?**
Personal stories or insights from friends or creators I follow feel small but stick with me for days.
5. **Do you notice differently when you're posting versus scrolling? Why or why not?**
Yes, posting makes me more self-conscious and deliberate, while scrolling is passive and reactive.
6. **What's one example of something your feed taught you to value?**
My feed taught me to value authenticity in creators who are genuine and transparent.
7. **What's one example of something your feed trained you to ignore?**
My feed trained me to ignore overly curated or promotional content that feels inauthentic.
8. **If your feed is a reflection of what you notice, what does it say about your current habits of attention?**
My feed says I value connection and authenticity but am also drawn to engaging, often sensational content.
9. **What's one moment you felt awake or present while using social media—really tuned in?**
I felt awake and present when engaging in a meaningful conversation in the comments section.
10. **What would it mean to treat your feed as a place to practice seeing differently?**
It would mean actively choosing what to engage with and seeking out diverse perspectives to reclaim agency in a space designed to capture attention.