

### Coping mechanism: Withdrawal

Some participants cope with this challenge by **removing themselves** from some social media platforms altogether, or by **avoiding** specific platforms.

“TikTok, I know for a fact is going to be dangerous for me. (...) I love the fast-form nature of it. But because it’s all video: whoa, boom! Two hours of your life gone. And so **I’ve made a choice to stop engaging** with it.”

