Challenge 2: Compulsion to use

Some participants felt **fear of missing out** and sense of **obligation** towards others prevented healthy **boundaries** on social media usage.

"There's this sort of fear of missing out on something (...), something that might be interesting."

"I upset people all the time, because I get distracted with life, focused on work (...) and **I don't check in with people**, and **they take it really personally**. They think it's because I don't think about them or I don't care about them and it's not that at all."