

Post 1/7

① ↵



② ↵

1. React: Everyone give a first short impression of the post.

Now take a step back and observe it more critically

Why did u/duckduckgoose post this to r/antiwork?

What was the motivation behind creating the meme originally?

► Now open tab ②

2. What is the tone of the comments?

What are the commenters feeling when they post their comments?

What value/utility do we get from viewing posts like these?

► Now read pages 3-4 of the comic

↑ r/antiwork • Posted by u/duckduckgoose 7 mo. ago

10.4k Saw this on Instagram and cringed hard. I like 8 hours of sleep thank you.

↓

Unmotivated Person Routine



6:00AM : Wake up
8:30AM : Coffee
9:00AM: Work
1:00PM : Lunch
5:00PM : Off work
6:00PM : Dinner
6:30PM : Complain about life
7:00PM : Check Instagram
8:00PM : Watch Netflix
9:00PM : Dream about what could be" & envy others
10:00PM : Watch more tv
12:00AM : Sleep

Motivated Person Routine

6:00AM : Wake up
6:10AM : Meditate
6:30AM : Exercise
7:30AM : Read
8:00AM : Breakfast
9:00AM : Work
1:00PM : Lunch
5:00PM : Off work
6:00PM : Dinner
6:30PM : Spend time with family
9:00PM : Work on side hustle
11:30PM : Journal & Set Goals
12:00AM : Sleep

jelli • 7 mo. ago

Neither of these people shower, do laundry, or clean their house. Gross.

↑ 4.7k ↓ Share Report Save

Chloe • 7 mo. ago

Excuse me. Clearly when the guy on the right isn't spending his allotted 3 hours per day with the spouse and kids, they are supposed to be doing all the labor for him 24/7 like it's the 1950's and the spouse doesn't have their own things going on, too.

↑ 105 ↓ Share Report Save

Nihilismiscool • 7 mo. ago • edited 7 mo. ago

The guy on the right commits suicide before he's 25, just FYI.

↑ 431 ↓ Share Report Save

BerlinBro • 7 mo. ago

Guy on left is probably working on automating his job and joining a union to stop being let go.

Guy on right happy being underpaid and over worked like a chump.

↑ 200 ↓ Share Report Save

Randy_Ragi • 7 mo. ago

Overworked like a chump but sees himself as the champ.

Just sad really.

↑ 79 ↓ Share Report Save

Post 2/7

?

① ↗

1. React: Everyone give a first short impression of the post.

Now take a step back and observe it more critically

What story is steph_shep trying to convey with these posts? What is her brand?

Who are the people commenting on these posts? What are their motives? What are they feeling?

Overall, what does Instagram value?

► Now read pages 5-6 of the comic



 steph_shep • Following
Los Angeles, California

...

 desiperkins • Following

2w 2 likes Reply

♡

 tracyromulus • You are PERFECT!!!!!!

2w 12 likes Reply

♡

 hannahbronfman • Been there!!! Thank good for our tribe ❤️

2w 4 likes Reply

♡

 drjasondiamond • You are always radiant ❤️

2w 3 likes Reply

♡

 shannonnadj • Blessed

♡



 steph_shep • Following

...

 steph_shep • Following

 steph_shep • always a side of fries @vittoriopugliano

Edited - 6w

 vanessahong • Hehehe

6w 2 likes Reply

 emmaboulter • Always.

6w 1 like Reply

 thekelsejay • Napkin on your lap cause you're a lady ❤️

6w 1 like Reply

 katiegreenthal faves @steph_shep @vittoriopugliano

6w 2 likes Reply

I wish someone would've talked to me about my fertility options earlier so I wanted to share that both @PereleHealth and @LetsGetChecked provide tools to support you on your fertility journey and help women get #FertilityInformed. On April 27th they're hosting a virtual event at 2pm PT/ 5pm ET called "Let's Talk About Fertility," that will include one of the nation's top fertility doctors and LetsGetChecked's Nurse Practitioner.

@LetsGetChecked has an Ovarian Reserve at-home test kit and the @PereleHealth Conception Support vitamins support anyone who is TTC, doing IVF, or freezing their eggs.

Use code STEPH20 on both sites for 20% off! #FertilityInformed

Q&A



Post 3/7

(1) ↗



(2) ↗

1. React: Everyone give a first short impression of the post.

Now take a step back and observe it more critically

What was the motivation behind this post?

► Now open tab ②

2. What is the tone of the comments?

What are the commenters feeling when they post their comments?

How does sharing this story online differ from sharing it in person?

► Now read pages 7-8 of the comic

↑ r/buildingthings • Posted by u/singstein 2 years ago

58.7k ↑ My wife recently passed away. I used my time off to build her the giant bookshelf she always wanted.
↓



Harry MOD • 2 yr. ago

Handing out a lot of bans in this thread.

Stop being terrible people. The world would be a better place with more compassion.

↑ Vote ↓ Reply Share Report Save

Sharpy • 2 yr. ago

My wife and I believe there's something really important to owning a family library of tangible books. This shelf is an absolute masterpiece. I think it's really awesome that you finished this project. I think your wife would be proud. I'm 32, and if I lost my wife now I'd be an absolutely mess. I am really sorry for your loss. Fuck Cancer.

↑ 5.8k ↓ Reply Share Report Save

singstein OP • 2 yr. ago • edited 1 yr. ago

I love this. Just enjoy the time you have together and it'll all be okay. And yes, all the fucks to cancer.

Edit: received about 550 books from all you kind humans. Here's what the shelf looks like full of books:

↑ 2.8k ↓ Reply Share Report Save

rioter • 2 yr. ago

Yep I lost my first wife of 18 months to it. It's been 20 years of marriage to my second wife and I still think about my first wife, Sue. I am still so in love with her and I have all kind of thoughts that I can only share with people I don't know on the internet.

Sue was my perfect match and I was hers. The first time I saw her I knew she would be my wife and later I fou

↑ 86 ↓ Reply Share Report Save

Post 4/7

① ↵



② ↵

1. React: Everyone give a first short impression of the post.

Now take a step back and observe it more critically

What was his motivation to create this video?

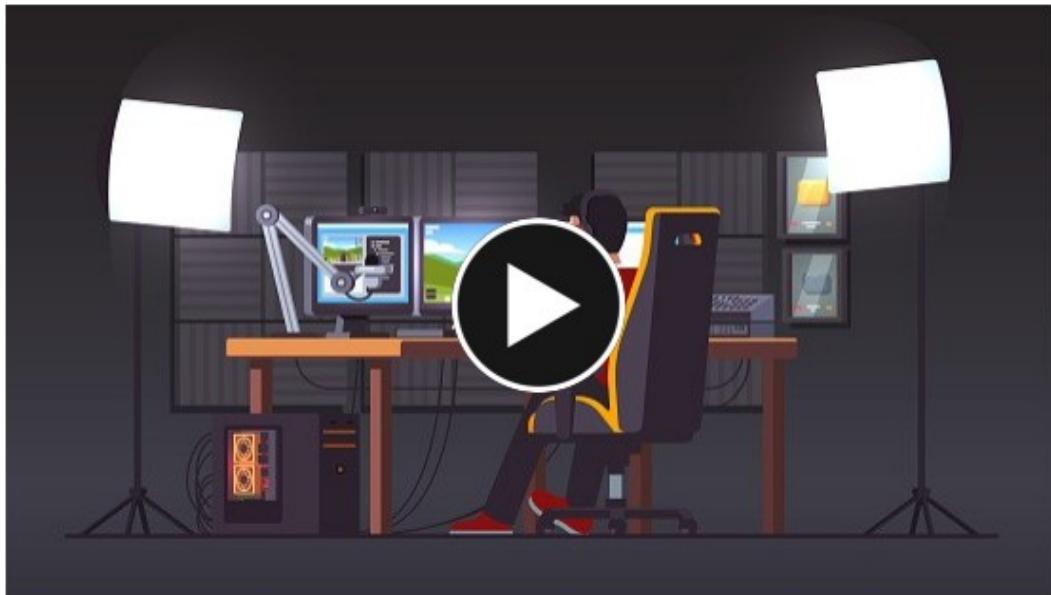
► Now open tab ②

2. What are the commenters feeling when they post their comments?

How does Dr. M's aims differ from a traditional doctor's?

How does Dr. M engage his audience?

► Now read pages 9-10 of the comic



How to Stop Wasting Time on Internet

322,038 views Jun 13, 2021 Preorder Dr. M's Guide to Mental Health, releasing in August: <https://bit.ly/3uTw3UC>

19k Dislike

999 Comments

= SORT BY

Add a comment...

Synthesizer 1 year ago

This man is literally advising people to stop watching him for 2 weeks+.

God bless this man dude

3.3k REPLY

▼ View 17 replies

Noodle Doodle 1 year ago

That relapse thing is no joke. Some days it feels like I just blink and suddenly I'm 3 posts into Reddit. No memory of opening my phone or the app, it just happened.

1.2k REPLY

▼ View 5 replies

TheMultiverse 1 year ago (edited)

Reading books is a natural progression from gaming if that's how you want to detox. Pick up some good fantasy series; they're long and escapist, exactly why we play video games. And if you're the kind of person who plays games for the story anyway, well, here's a whole 600 pages of story and world building

999 REPLY

▼ View 33 replies

nabzy 1 year ago

Dr.M: "Don't binge watch youtube"

Me that has been binge watching Dr.M all day: "oh shit..."

2.1k REPLY

▼ View 12 replies

Post 5/7

① ↗



② ↗

1. React: Everyone give a first short impression of the post.

Now take a step back and observe it more critically

What is the tone of the post? Why?

What was the motivation behind this post?

► Now open tab ②

2. What are the commenters feeling when they post their comments?

How does sharing these comments online differ from sharing them in person?

What value do they derive from the post?

► Now read pages 11-12 of the comic



Monica Lynn

April 30 ·

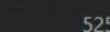
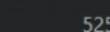
Super I(o)w effort (c)

...

when you're in your first healthy relationship ever.



4.7K



19

525 Comments 7.6K Shares



Athena Bee

I wouldn't know and as I'm almost 36 highly doubt I ever will

Like Reply Share 9w



19



Timothy Kayne Summersgill

Athena Bee I didn't start dating my boyfriend until I was in my thirties. There is time. Please don't give up hope. ❤️

Like Reply Share 9w



2



Anna Nellis

Athena Bee 34 and same 🤗

Like Reply Share 9w



Stacy Bessler

Athena Bee as a fellow single 36 year old, fuck that. Don't claim that for yourself. We're still young, we have our whole lives ahead of us to find someone who loves and treats us the way we deserve. Not that it's not lonely af but I'm determined to find that Someone, you know? Anyway sorry for mini ranting, if you ever need to talk about it with someone I'm here.

Like Reply Share 8w



2



Amanda Wakefield

soooooo.....I've been deprogramming the bad programming and it still feels weird when someone wants to be nice to me (romance wise).... my first instinct is to run..... what the fuck is that????

Like Reply Share 9w Edited



28



Tifani Bartlett

Amanda Wakefield that's trauma response 😔

Like Reply Share 9w



13



Shin Ceciliano Shin

Tifani Bartlett I didn't realise how bad my trauma was until someone genuinely likes me and I just want to cry and run away

Like Reply Share 9w



11



Violet Valentine

Amanda Wakefield speaking from personal experience, some people have a hard time breaking patterns with that stuff because it feels unfamiliar and because healthy relationship dynamics can feel "boring" and "too easy" to people who are used to toxic relationships. You can break that cycle though

Like Reply Share 9w Edited



2

Post 6/7

① ↗



② ↗

1. React: Everyone give a first short impression of the post.

Now take a step back and observe it more critically

Who do you imagine uploaded this and why?

► Now open tab ②

2. What are the commenters feeling when they post their comments?

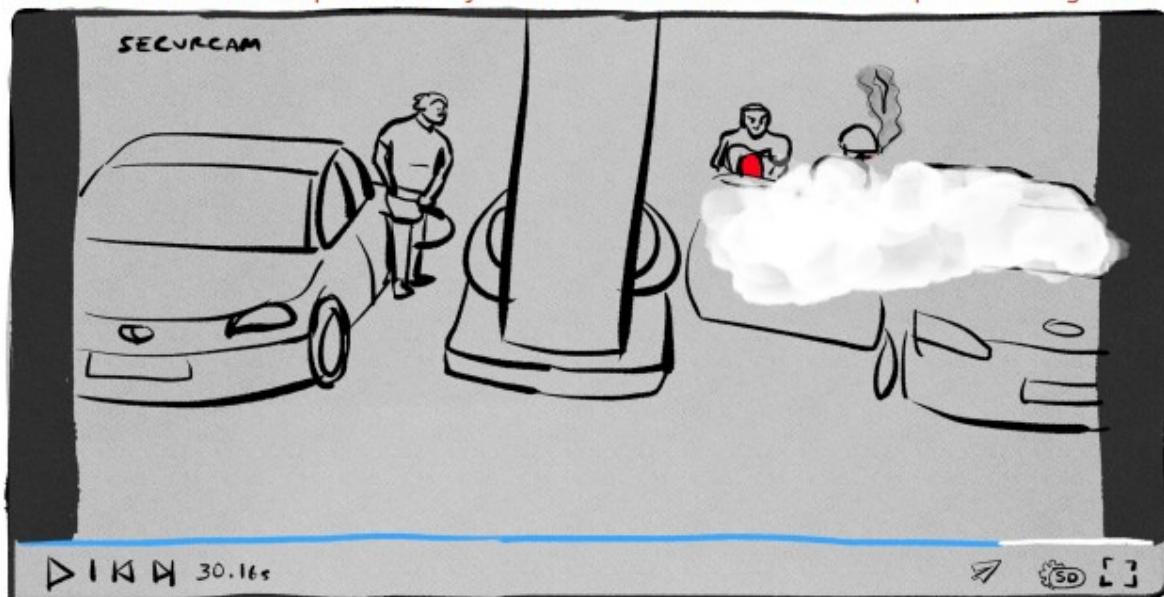
What value do people derive from r/JusticeServed?

► Now read pages 13-14 of the comic

↑ r/JusticeServed • Posted by u/sn0wedund3r 1 year ago

50.6k Man bravely stands in front of natural selection to save others.

Gas station worker takes precautionary measures after customer refused to put out his cigarette



Nemo • 1 yr. ago

This makes me so happy every time I see it. If only there was such an easy, publicly humiliating effective way to shut down every self-important moronic douchebag like this.

↑ 200 ↓ Share Report Save

crystalizer • 1 yr. ago • edited 7 mo. ago

I worked at a gas station when I was in college, this is no joke. When I saw a dude smoking at the pump, I killed all the pumps. When people started bitching, I got on the PA, "The pumps stay off until the guy on pump 3 puts his cigarette out." The people yelled at the guy until he put it out. The job doesn't pay enough to go out there alone.

Fucking smokers, man. Cigarettes are such a part of their lives, they're fucking clueless. They throw them out the windows on the highway and right into my friend's jeep, or into motorcyclists' faces. Or out the window and start brush fires. Selfish addicts.

↑ 102 ↓ Share Report Save

mara3217 • 1 yr. ago

I've met one smoker in my entire life who didn't litter their cigarette butts or lighters, and she rarely smoked, like less than a pack a week

↑ 15 ↓ Share Report Save

illy_dinasour • 1 yr. ago

Yeah I know two couples that carry a portable ashtray with them at all times. One of those couples is my parents and they were very inconsiderate smokers for 30 years and only changed recently so they still kinda suck in this regard.

↑ 15 ↓ Share Report Save

Post 7/7

① ↗



② ↗

1. React: Everyone give a first short impression of the post.

Now take a step back and observe it more critically

► Now open tab ②

2. What are the commenters trying to achieve when they post their comments?

What are the viewers getting out of their interactions?

What types of speech and conversation does Twitter favour? How does this affect the way Hayden's post is received?

► Now read pages 15-16 of the comic



Hayden Flores @HaydenFlores

...

I usually wouldn't call out in public like this, but I feel she has left me no other option. This person is claiming to be vegan yet admits to buying non-vegan ice-cream for someone else. I tried reasoning and being respectful to avoid her defences going up, but she blocked me anyway.

12:34

Avacado @allaboutzura

Saw a sad little girl today and cheered her up with an icecream! Worked a treat 😊😊😊

8:31 PM · Apr 28, 2018

1 Retweets 0 Quote Tweets 41 Likes ⚡ Tip



Hey. Just wondering if the icecream was vegan? It is great to want to help people out but we must do so without basically killing non-human babies which is what nonvegan icecream basically does. If it was vegan then that is awesome! 😊👍

I bought a kid an icecream. It isn't that deep.

If it was nonvegan than it was a severe mistake to any actual vegan.

I'm vegan, my whole family is vegan but I am not about to push that onto a crying kid. Lighten the fuck up.

This person is not contactable on Messenger.

6:43 AM · Apr 29, 2018 · Twitter for iPhone

1,117 Retweets 24.2K Quote Tweets 5,240 Likes



Hayden Flores @HaydenFlores · Apr 29, 2018

...

Replying to @HaydenFlores

To my vegan followers please send her a DM either here or to her insta I have screenshotted here. I don't want people to attack her, I just want her to see she was wrong. Please let me know if that happens.

282

126

155

↑



bunny @eiggiipeppig · Apr 29, 2018

Replying to @HaydenFlores7

Not a fan of this approach or mindset, Hayden. This isn't good work.

3

11

2,550

↓

↑

▲ Tip



Hayden Flores @HaydenFlores7 · Apr 29, 2018



Gills @midnight_fowl · May 1, 2018

...

This thread is gold

2

12

62

↓

↑

▲ Tip



The approach and mindset is right, and it is good work. I do not care how many see that or not.

38

6

2

↓

↑

▲ Tip



Gills @midnight_fowl · May 1, 2018

...

Better than Netflix!

2

12

4

↓

↑

▲ Tip



二次元幫主 @bagua9527 · May 1, 2018

...

Better than Netflix!

2

12

4

↓

↑

▲ Tip



Kyyyyla @Brandon22989727 · May 1, 2018

...

Lmao! This seems like this argument is getting nowhere! 🤪

2

12

4

↓

↑

▲ Tip



pro-life is misogyny @soypreme · Apr 29, 2018

...

Replying to @HaydenFlores

I'm truly disappointed to see this. You didn't need to publicly shame someone like this, it wasn't appropriate and is in fact the 'holier than thou' attitude non vegans condemn all us for. You've acted like a total bully and achieved nothing.

10

43

2,812

↓

↑

▲ Tip



Hayden Flores @HaydenFlores · Apr 29, 2018

...

Your disappointment is fine with me. I did not intend to publicly shame her, and her behavior was inappropriate. I did not act like a bully at all, though all of the people who attacked me for the post certainly did. Defending what she did is showing you do not value cows' lives.

58

7

9

↓

↑

▲ Tip



pro-life is misogyny @soypreme · Apr 29, 2018

...

No, I haven't bought the dairy, just spoken against your unnecessary actions. You didn't have to even post her name, why didn't you explain the story and ask for people's opinions about an anonymous person? You even went as far as to post her IG... entirely unneeded.

5

14

1,862

↓

↑

▲ Tip