**Paragraph 1, Chapter 1 Reflection:** My score of 13-14 shows that my relationships are somewhere between personal and not so personal. I’m okay with this because it makes sense that some relationships are deeper than others. Still, I think making more of them truly personal would make me happier overall. To improve, I can open up more and spend more time with the people I care about. This means talking about my thoughts and feelings with close friends and family and doing things together that help us bond. I also want to rely less on texting or social media for big conversations and choose face to face talks or video calls instead.

**Paragraph 2, Chapter 2 Reflection:** My score of 41-68 shows that while my social media use is slightly higher than average, it hasn’t reached a problematic level. I do enjoy using social media to stay connected, but I wouldn’t say I prefer it over spending time with friends in person. Sometimes, I do go online to feel better, especially when I need a distraction or quick entertainment. I’ve noticed that my internet use occasionally gets in the way of other activities, like when I spend too much time scrolling instead of being productive. To improve, I want to work on balancing my online and offline time better by setting limits and making more room for face to face interactions.