The Social Dilemma

1. What do you look at / use the most when using your phone? List.
2. Do you find yourself unconsciously checking your phone / certain apps? What emotions seem to trigger this behavior?
3. *A 5000-person study found that higher social media use correlated with self-reported declines in both mental and physical health and overall life satisfaction (American Journal of Epidemiology, 2017).* 
   1. Do you feel that social media brings more joy to your life? To what degree have you experienced negative feelings because of something on social media/the internet? Give examples.
4. Has this documentary made you see / view the use of using your phone differently? Is there something you will now do or think about differently? Give examples.