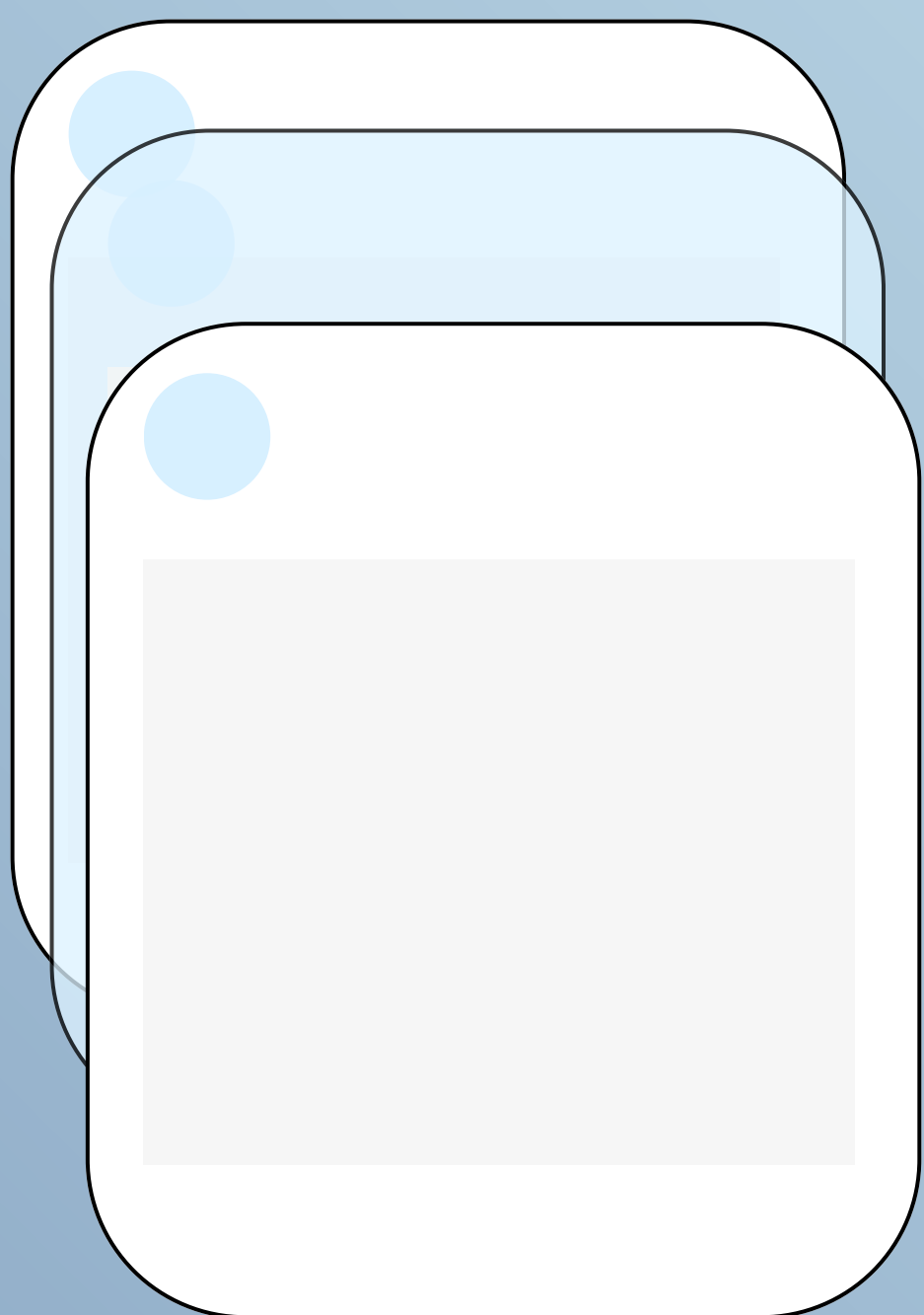


The First 10 Method

Reflecting On Your Social Feed



Created by the LOG OFF Movement

The First 10 Method

Reflecting On Your Social Feed

Go through one of your socials. Look at the first 10 posts. What is it about? How does it make you feel? Why do you think the algorithm is showing this post? Do you want to see more or less of this content?

Content Topic	Emotion	Why Am I Seeing This?	More or Less?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Most of us scroll without thinking. This worksheet helps you slow down and understand how your feed is shaping your experience.