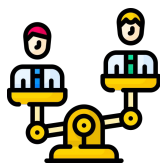


Beyond the Likes: Cultivating Self-Worth in a Connected World

Key Takeaways

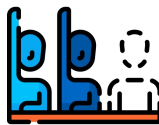
1

Understanding Psychological Traps in External Validations



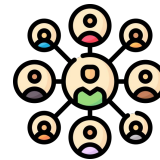
The Comparison Spiral

Measuring yourself against others' curated highlights



The Fear of Missing Out (FOMO) Effect

Fear that everyone else's life is better than yours



The Approval/Dopamine Feedback Loop

Your mood follows the reactions you get online

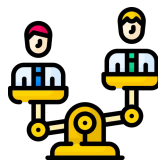
2

Exploring our 5 Needs [Psychological & Emotional Drivers]

Need for social connectedness



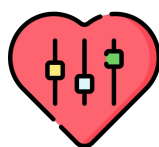
Need for social comparison



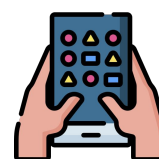
Crave for social validation



Require coping mechanisms



Require entertainment

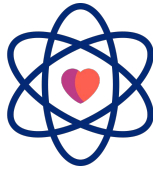


Beyond the Likes: Cultivating Self-Worth in a Connected World

Key Takeaways

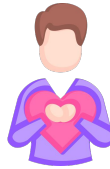
3

Identifying Three Tools to Build Self Worth



Values Anchoring

Reconnect with what truly matters to you



Self-Compassion Check-In

Respond to yourself with kindness, not criticism



Boundary Setting

Manage whose feedback you act on, and how much

Need a bit more help?

Speak with your coach to explore how external validation may be shaping your sense of self-worth, practise self-compassion, and build a more grounded, internal sense of value.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

