

# Seven Social Media Sins



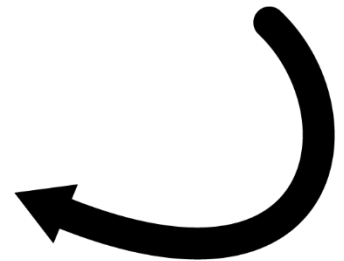
**Constantly Counting Likes**



**Ignoring Impact on Mood**



**Comparing Yourself to Others**



**Engaging in Conflict**



**Airbrushing Your Life**



**Using Social Media Addictively**



**Neglecting Obligations**

