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| A post motivates you to go to the gym  Move 4 steps forward |  | Someone makes a positive comment about one of your posts  Move 4 steps forward |
| You find a creative recipe on YouTube  Move 2 steps forward |  | Facebook reminds you of a good memory  Move 3 steps forward |
| Someone shares your explicit content without your consent  Move 5 steps backward |  | An offensive tabloid article makes you feel bad  Move 2 steps backward |
| You see depressing news on your feed  Move 3 steps backward |  | Someone uses your public photos for a deep fake  Move 4 steps backward |
| Someone sends you an unsolicited sexual photo  Move 6 steps backward |  | Someone shares your photos to make fun of you  Move 4 steps backward |

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| You learn about something new on YouTube  Move 1 step backward |  | You are invited to join an exclusive group  Move 4 steps forward |
| A celebrity post makes you feel body shaming  Move 5 steps backward |  | A friend reminds you how beautiful you are  Move 4 steps forward |
| Your new friends invite you to a party  Move 4 steps forward |  | You get appreciation from your boss  Move 4 steps forward |
| An embarrassing video of you goes viral  Move 5 steps backward |  | You decide to unfollow a celebrity who makes you feel body shaming  Move 5 steps forward |
| Your Facebook account is hacked  Move 5 steps backward |  | You look super cute in a video that goes viral  Move 5 steps backward |

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| A social media influencer shares misinformation about your ethnic group  Move 3 steps backward |  | You read that your favorite high school teacher  was in a car accident and died  Move 5 steps backward |
| Your best friend messages you that she/he got engaged abroad  Move 4 steps forward |  | You read that your favorite football team is coming to your country  Move 3 steps forward |
| You read that the producer of your favorite childhood television program is found guilty of sexually assaulting children  Move 3 steps backward |  | Your crush messages you for a date  Move 6 steps forward |
| Someone messaged you that your partner is flirting with other people  Move 6 steps backward |  | You donate money on Facebook for victims of a deadly flooding  Move 2 steps forward |
| Someone posts a positive review on your Facebook small business page  Move 5 steps forward |  | You learn how to spend less time on social media  Move 3 steps forward |

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