

## **Worksheet: Digital Fame and Emotional Burnout — Breaking the Influencer Illusion**

### **Section 1: Emotional Check-In**

#### **1. After spending time on social media, I often feel...**

- ☐ Energized
- ☐ Drained
- ☐ Inspired
- ☐ Insecure
- ☐ Seen
- ☐ Invisible

#### **2. I follow influencers because...**

- ☐ They motivate me
- ☐ I want a life like theirs
- ☐ I compare myself to them
- ☐ I feel connected
- ☐ I scroll without thinking

#### **3. What emotions do I notice when I don't get likes, replies, or attention online?**



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### **Section 2: Media Awareness**

#### **4. List 3 influencers or celebrities you regularly follow:**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

#### **5. What values do they promote (e.g., wealth, wellness, beauty, fame)?**



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#### **6. Do their posts make you feel better about yourself—or worse? Why?**



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### **Section 3: Content & Comparison**

**7. Have you ever changed your appearance, opinion, or behavior because of what you saw online?**

☐ Yes ☐ No ☐ Maybe

**8. What are some false lifestyle expectations in media that you've believed or struggled with?**



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**9. Have you ever gone viral or felt pressure to post something "trendy"? What were the psychological effects of viral content on you?**



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**Section 4: Healing Intentions**

**10. What boundaries can I set to protect my emotional energy online?**

- ☐ Limit screen time
- ☐ Unfollow toxic profiles
- ☐ Avoid comparing
- ☐ Practice digital fasting
- ☐ Journal emotions after scrolling

**11. What truth do I want to remember when I'm lost in the illusion of digital fame?**



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**12. What spiritual practice can I use when I feel emotionally burned out from online life?**

- ☐ Chanting
- ☐ Nature walk
- ☐ Prayer or Scripture
- ☐ Breathing meditation
- ☐ Digital detox with purpose

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**Closing Reflection:**

*"I was not born to trend. I was born to transform."*

*Digital fame fades. Inner peace stays. Choose what heals over what goes viral.*