



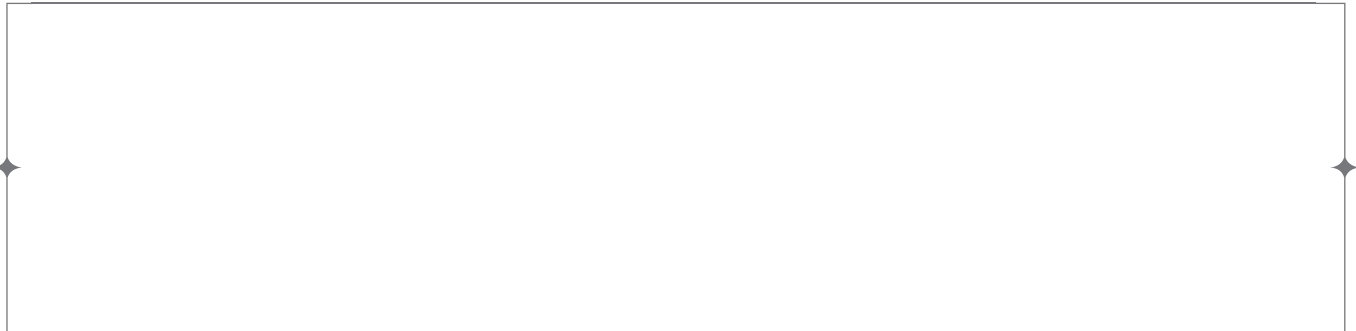
Be REAL, Not Your Highlight Reel

1. How does your family want to be treated as an *authentic* unit? (warts and all)

2. Think back to the video...What is the top cause of **Relationship Breakdown** ?

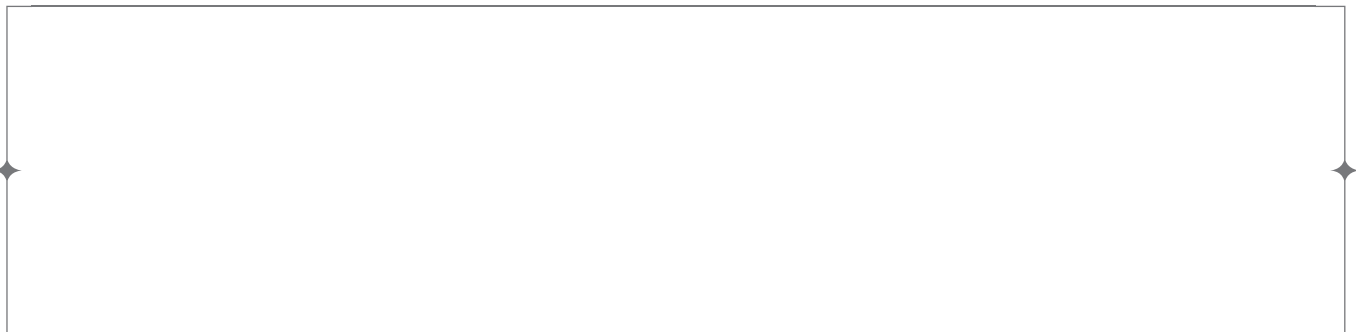
3. Can you think of any areas that you might have **Unrealistic Expectations** of your family members?

4. Is your family more connected to the "super networked world" (internet, social media) than each other?

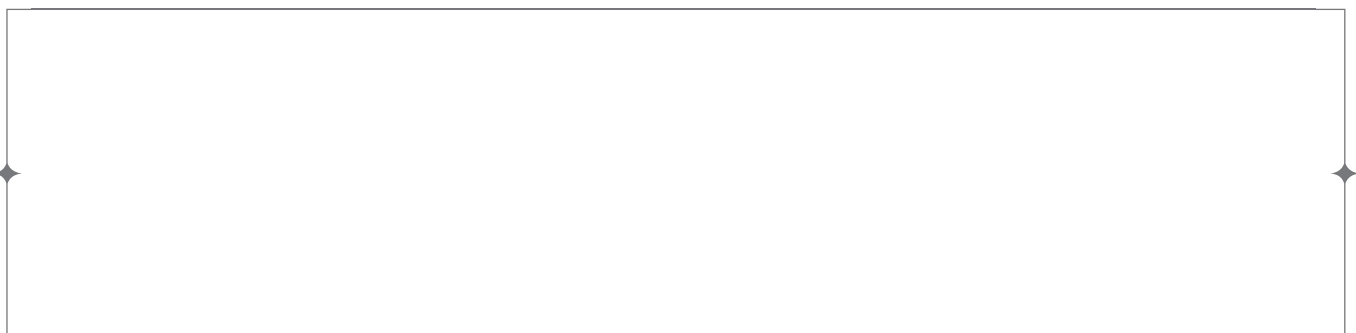


5. If yes, what are some ways you can work to change that and [Get More Connected with Each Other?](#)

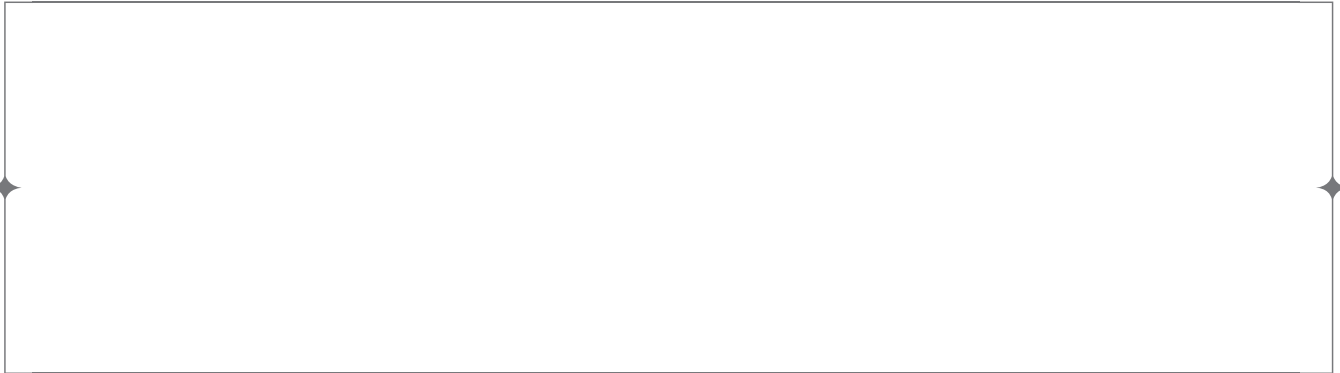
(set screen time limits, plan a family outdoor activity, have a family dinner at the table with no devices)



6. Does your family, or any family member, suffer from [FOMO](#) (fear of missing out)? How so?



7. What can you and your family do to take a **Temporary Step** away from social media?



8. **Action step:** Make a gratitude list of things you and your family are grateful for so the next time you have a "Comparison Thought" you're ready to remind yourself why you are AWESOME too!

