Problem: Kept checking social media after posting content on page yesterday.

Factory Line/Why:
- Wanting to see how well the post is performing
- Who's liked the post
- If anyone is leaving comments
- Having no notifications builds heavy curiosity as it is unknown to me
- Its super easy for me to check as im already logged in on pc browser.

Root cause, Instagram being logged in to my browser and bookmarked, keeps reminding me and is easy to check.

Solution: Removed from web browser bookmarks, and have logged out and removed saved password. So effort is required to get in.