

Day 1: Saturday, September 6

10:45pm

Did not check Instagram the whole day. I deleted the app from my phone on Friday night and signed out on my laptop, which helped me a lot today. The impulse to check Instagram came up so many times throughout the day, but instead of feeling mad at myself or desperate to get back on, I found it funny and interesting to see how often the urge resurfaced. I'm pleased to say that this challenge isn't very difficult so far. It's a small change, but I haven't felt noticeably displeased with my body at all today. I did notice myself thinking about different models/girls I follow today, though, and thought it would be a good idea to unfollow all of them when/if I decide to use Instagram again. I think that when I return, I'll only download it maybe once a week, just to check on how my friends/family are doing, and maybe to upload the occasional picture.

Day 2: Sunday, September 7

Didn't go on Instagram, but was tempted to ask my mom to look at my profile through hers when she was on Instagram. Didn't tell her I was doing this challenge because I didn't want to avoid Instagram just because I wouldn't want her to catch me. I want this to be something I do on my own; I want this win to be self-motivated, not out of fear of disappointing someone/getting scolded. I did tell Jannel about it though.

Day 3: Monday, September 8

1pm

Feeling more temptation to go on than before. I told Franceska to use a certain caption about a picture of a joke tattoo she drew on herself and I want to log on and see if she actually used it. I also feel like she'll think I'm rude if she did use the caption and tagged me in it, but there's no way of knowing because I can't (won't) sign in. **OVERTHINKING THIS WOW.** I almost used this courtesy worry as a way to bargain for logging in, but I know that's just my mind trying to come up with excuses to get me back into my comfort zone. It's a small change in my life, but it's actually a big change in my behavior/daily habits, so it's interesting to see what I'm capable of and how much self-control I can exercise.

Day 4: Tuesday, September 9

Broke down a bit. I told Franceska (maybe even the day before) about the challenge and she thought it was a good idea. I also told Nate about it and he asked why I had self-esteem issues. Cried while I messaged Sam about my self-esteem issues and need for outside validation. Franceska said I should focus on doing things that make me feel happy/empowered, like writing. Decided to eat healthier so I could have abs and Franceska said to make sure the reasons I'm doing it are good and healthy.

Day 5: Wednesday, September 10

No problems! I was so busy with working out, applying for jobs, hanging out with my family, etc. that I didn't even think about Instagram. Tiny things come up though, like I tried to look at a picture of my cat through the Instagram editing/cropping part of the app, because I do that habitually, and totally forgot I deleted the app.

Day 6: Thursday, September 11

Day 7: Friday, September 12 (traveling)

Day 8, 9, 10: Saturday, Sunday, Monday, September 13-15 (with Nate/traveling)

Day 11: Tuesday (can go back on IG if I want to, after I eat breakfast)

Morning:

Wanted to check IG/re-download it on Monday while I was on the train, maybe because I was bored. I thought about how long it had been since I uploaded a picture (maybe two weeks ago, since the 5k with Nate) and I looked through my phone gallery for something relevant to post. I was focusing on the vanity and seeking/craving that attention again, and that worries me. I'm not sure if I should return to Instagram at all, because the problems will still be there. I think I at least should come up with a set of rules about how I'm allowed to use it.

1. No stalking. No looking at who's following whom, no looking at the "activity" page to see what pictures my friends are liking. It's none of my business and it doesn't feel good to focus on insignificant things like these.
2. Unfollow all people I don't know in real life, maybe excluding my favorite celebrities. I'll probably be fine as long as I don't follow people who make me feel worse about my life in comparison to theirs.
3. Only use the app at far apart intervals, maybe once or twice a week at most. This way I won't use it as a constant distraction all day and can focus on what's going on in the present, in real life.

11pm: downloading Instagram right now.

I unfollowed everyone (like 30 people maybe), even my superfave crush models (I paused for a second to consider if I really wanted to remove two of them in particular from my life forever). I feel good. I avoided logging in all day because I was afraid of what it would be like, or if I would reverse all the progress I've made. But going without something that was such a part of my daily routine really taught me