

Welcome! It's me, your phone. It's late and you should really be getting to bed. But it's warm and cozy and numb in here. We'll calm down your anxious swarming thoughts for a while. We'll help you forget. Come on in.

You are lying in bed. It is 11PM on a Tuesday. If you put your phone away now, you can get 8 hours of sleep before your alarm goes off at 7. Do you:

- 1. Get a good night's sleep? Go to page 2.*
- 2. Open a social media app? Go to page 3.*

*no you don't. let's be real
you haven't had a good night
sleep in
a minute. 30 seconds left to post! quick!*

Good job! You posted your BeReal on time. ***Now go to page 3.***

You open Facebook. The first post you see is:

From your group: Are we dating the same guy (insert city you live in)

Post by: Anonymous member

Watch out for Greg. So many red flags with this guy. He's a cheater, was sleeping with multiple women when we were together and lying to all of us. He gaslights and manipulates like it's his day job. He is aggressive and abusive. PLEASE avoid him.

Comments:

Sarah Johnson: But he's so hot lol

Do you:

- a) Reply to Sarah Johnson's comment? Go to page 4.*
- b) Shake your head and keep scrolling? Go to page 5.*
- c) Creep Sarah Johnson's profile? Go to page 9.*

Reply to @SarahJohnson:

~~Fuck you!!!!!!~~

Nope, try again.

~~What is wrong with you????~~

Not quite. Almost there.

It doesn't matter if he's hot or not. This woman has shared her abusive experience with him and it's actually really diminishing to not acknowledge her experience and only acknowledge his looks. Hot people can be abusive, you know.

*you delete the message before
you press send. it's not worth it
to go there. not at all.*

Congratulations! You didn't spend an hour arguing with a stranger on the internet.

Do you:

B) Shake your head and keep scrolling? Go to page 5.

C) Creep Sarah Johnson's profile? Go to page 9.

Hey there! You've chosen to keep scrolling. Since you'll be here for a while there's just a few housekeeping items we have to cover first. Can I offer you a glass of water? It's 3 days old and dusty on the table beside you. We also offer a selection of melatonin, magnesium, and Blistex. Help yourself. We tailor our algorithm here just for you. We want YOU to feel special. Great, now that you're settled, sit back, relax, and enjoy...

You open Instagram reels. You scroll down.

Video #1: A dog and a baby snuggling on a bed.

Comments:

@shiela876: Ew. Why are you letting dogs on your bed? Just unhygienic, really smh.

@lillian_yet: @shiela876 actually dogs tongues are actually cleaner than humans. so

@shiela876: @lillian_yet you're disgusting ew. who told you that. Get an education loser

@lillian_yet: @shiela876 you're an asshole. I hope you have the day you deserve 😊

Scroll.

Video #2: A famous stand-up comedian promoting her new special with your favourite joke.

Comments:

@redwhiteblue1: women aren't funny

3,041 likes

@i_am_conor_69: why do women only ever talk about sex. gross

2,356 likes

Video #3: A current event, footage of massacre-

Scroll down.

Catch yourself. Stop for a second.

*you don't have money to spare and no aid
is reaching them. you called, rallied, wrote
letters, signed petitions. you feel helpless,
guilty. scroll back up.*

child crying for mother and blood on the-

Feel sick. Heart beating too fast. Scroll down.

Video 4: your favourite band singing that song that reminds you of-

Scroll down.

Video #5: A beautiful trans woman is elated, holding a passport. Her name change is official.

Comments:

@jeff_kay_son: still a dude
800 likes

@rickyrelis: still a guy
567 likes

@tessa_in_brooklyn: where's the dislike button
357 likes

Do you:

1) *Avoid this emotional whiplash, put your phone away, and read a book for a little while before going to sleep? Go to page 7.*

2) *Keep scrolling? Go to page 8.*

*c'mon. who are you kidding?
you don't have the attention
span for books anymore. just
don't read the comments. you will
keep scrolling instead
to page 8.*

yes

just

like

that

keep scrolling,

scrolling,
cute dog

scrolling,
DIY cardigan

scrolling,
secret hikes near you *i know*

scrolling
vegan fajitas

scrolling
girl pranks her partner *it*

scrolling,
rally for climate justice

scrolling,
lord of the rings meme *is*

scrolling
our IVF journey *a*

Scrolling
quick travel tip for europe!

scrolling
podcast

scrolling
kids these days vs. me at 13

scrolling
men being interviewed about tampons

scrolling
it's safe here

scrolling
UNTIL IT'S NOT *privilege* *to*

scrolling
but don't worry. you can turn off *turn off*
whatever you don't like by

scrolling
cute baby

scrolling
what i eat in a day *but if i don't i am consumed by*

- you look at the clock. Fuck. It's 2AM. Go to page 12.

Abby Brown

6 months ago

We did a thing!!!!!! (key emoji) (house emoji)

Picture of Abby and Jeff standing in front of a house. They are smiling. Abby holds a key out to the camera. There is a For Sale sign in the yard covered with a red sticker that says "SOLD."

Abby Brown

8 months ago

The most special trip ever. I said YES!! (ring emoji) (heart emoji)

Picture of Jeff down on one knee, Abby holds her hands over her mouth, concealing a gasp.

Picture of Abby holding her hand out to the camera to show off a diamond ring. Jeff stands in the background, blurred out of focus.

To compare your life with Abby Brown's, go to page 11.

*you don't even want it. to be
married. to own property. but she has it
so together. her and jeff are happy. or
maybe they are miserable. isn't it sad
that this thought brings you comfort?
that she could be resentful. you
don't root for their demise. you don't
even know what he's like. probably
bring flowers home on a friday
kind of guy. probably in business.
probably monday-friday money
saved for kids who save for kids
while community crumbles outside
their 4 bedroom bungalow. but stop
assuming. you don't even know what
he's like. not really.*

So you open Jeff Brown's Facebook page.

*... jeff is exactly what you thought
he would be. are you happy? why
does it matter? what have you
proved? the accuracy of your jeff-dar,
the ability to see through a screen,
your moral superiority while you lie
in bed and judge? so you
open tik tok instead.*

Go to page 8.

You are about to put down your phone when a text pops up.

Dad: hey, have you ordered the flower arrangements for moms funeral yet?

Do you:

~~A) Cry yourself to sleep?~~

B) Open social media and scroll down for just

a little

bit

longer