Chatterbox #286 – Beauty filters

Episode description

Do you like the way you look in photos? Considering the huge market for online filters for photographs, there must be a lot of people who prefer embellishing their pictures instead of keeping them natural. Is that a problem? In this Chatterbox episode, hosts Andrew and Anna discuss the pros and cons of online beauty filters.

Chatterbox is a series featuring native English speakers carrying on a natural conversation. This series is designed to help intermediate and advanced English learners improve their English.

Fun fact

According to Lifewire, the most popular Instagram filter in the United States is Clarendon. This filter is used to brighten colours and sharpen contrasts while keeping skin tones warm and natural.

Expressions included in the study guide

➢ To morph

➢ Just a touch

➢ To rag on

➢ To see [something] firsthand

➢ Body dysmorphia

➢ To be bombarded with [something]

Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Hello, everyone, my name is Andrew.

Anna: And my name is Anna.

Andrew: And you're listening to the Culips English Podcast.

Hello, listeners. Welcome back to Culips. This is Chatterbox, the Culips series for intermediate and advanced English learners that features natural, unedited conversations between native speakers about an interesting topic. Today, I'm joined by my cohost, Anna. Hey there, Anna.

Anna: Hey, Andrew.

Andrew: And we are going to talk about Instagram filters and beauty filters today, Anna, a pretty interesting topic, I think.

Anna: Super interesting. And something I think that's very, very, very current. And I've been waiting to talk about this, actually, so I can't wait to get into it in a bit more detail.

Andrew: Perfect. Well, I'm not the biggest Instagrammer, but you know, we do have our own Instagram accounts, we have the Culips Instagram account, and, of course, Anna, you have your Anna with 2Ns English Instagram account. So, I think we'll have something to talk about.

But before we get to that conversation, everyone, I want to let you know that there is a transcript and study guide available for this episode for all Culips members. And following along with the study guide while you listen is our recommended way to study with this episode. And by becoming a Culips member, you will support us and help us to keep going and making English lessons for people all over the world. But you'll also get, like I said, the transcript and study guide, plus a bunch of other extras as well. So to become a member and to get that study guide, just visit Culips.com.

Anna: We also wanted to give a shout-out to our listener Supermaz007, a little James Bond reference there, from Apple Podcasts. You left us a lovely comment and five-star review. You said, "Culips is la crème de la crème." I don't know if I'm saying that in a correct accent. But that's actually a French expression. It means the best of the best or the best of a particular thing or kind. So a very nice compliment. "I'm from France. And I want to say a big thank you. I improve my English with you every day."

Andrew: Awesome. Supermaz, thank you so much for listening, we really do appreciate your support. And, guys, leaving us a positive review on Apple Podcasts or whatever platform you use to listen to Culips is something that really does us a huge favour. It allows more English learners from around the world to connect with us and to learn English with us. So if you could do us that favour of leaving us a kind review and a nice rating on your favourite podcast app, we would really appreciate it.

And with that said, Anna, I think it's time to get going and talk about this fascinating topic, Instagram filters and beauty filters in general. And maybe, Anna, you could break it down for our listeners and just explain what this technology is, for anyone that is unfamiliar with it?

Anna: In social media, a filter, as far as—this is my own definition, this is not a technical definition—but it's basically a filter that you put over a photo or a video to make it look a certain way. So maybe you'll put a filter that might change your appearance, actually change the shape of your face, maybe it might just change the colour. Really, the bottom line is that a filter is meant to make you look better or meant to make the picture better. I don't think there's any filters that anyone's going to use to make you look worse.

So, I think that's a key thing, as well. A filter is to try and enhance the picture. Not necessarily of a person, it could be of a landscape or, you know, a portrait, as well. But something to make the photo, enhance the photo, make it make it look better. And I guess, you know, changing your eye colour, your hairstyle, and I think over the course of the past few years, filters have gone from being maybe changing the colour maybe to something like a sepia or a greyscale, to where is now when you look at them, they're just like completely changing the way something looks. So they've definitely got maybe more extreme over the last few years.

Andrew: I would say they've got a lot more realistic over the last several years. Like, you're right, Anna, I remember when Instagram first came out, there were some Instagram filters that you could apply to your photo to improve the way that the photo looked but they were usually for, like, landscape photos or just photos of things, not really photos of people. You know, you could put, like, a sepia or change it to black and white or add a tint to change the hue of the photo.

But now things have changed dramatically, very intensely like, like you said. I think that was a good word choice. The filters are just out of control, almost, in my opinion. Like, it is remarkable what we can do now with filters. You can take a picture of your face and then you can tweak every little aspect of it. If you want to raise your eyebrow or make your face skinnier or fatter, or, you know, I'm bald, but I can put a hairstyle on my head. And it looks pretty realistic, like I actually have hair by using the camera filters on some apps.

And, Anna, you mentioned that these apps are designed to make you look better, and I agree, but there are also a lot of just fun, crazy apps and filters out there that are more for jokes. And I saw a funny one last week, it kind of went viral with a lot of parents doing this to their kids. It was this Instagram filter, where if you just hold the camera, you know the selfie camera to your face, it just looks like your image. It's like looking in a mirror, you see your image reflected back at you. But if you open your mouth wide, then suddenly the filter is turned on and your face will turn into a horse, which is really crazy but it looks real. It's like your neck gets extended and your face turns into a horse face and you turn into a horse.

So these viral videos that I saw last week, what they would do, usually it was fathers that would, would do this, they'd have, like, their baby, you know, the baby's like 1 or 2 years old, they're just looking at the phone together, right? And then the dad would open his mouth, and the dad's face would suddenly turn into a horse. And the baby would be looking at his dad **morph** into a horse on the Instagram screen and the baby would ultimately start crying because that's a really scary thing to see your dad turn into when you're only 2 years old.

Anna: That's a good point, though, not all the filters are to make you look better. I used to just download Snapchat and do the filters with my friends because it was funny. I used to love the ones that would, like, distort your face and they'd make, you know, give you a really big nose or really big mouth. So, filters can be fun as well, that's true. They can be fun and entertaining. So I guess there's like two categories, right?

Andrew: Yeah, there's a mustache filter that I use when I take photos of my wife often. And, you know, she thinks that I'm taking like a nice picture of her and I put the filter on and then I show her the image and she's got a mustache. She doesn't like that one too much, but it always makes me laugh.

Anna: I'm not surprised. But they are so advanced, you're right. Like, you know, they match completely with your face. Like, I think that's a really good point, they're just so much more realistic, as you said, so much more advanced. And I guess before, maybe people, professionals were able to do things on things like Photoshop, and I guess there's this whole big trend moving towards people being able to do a lot of the things that maybe before were maybe only reserved for professionals, like, you know, photo editing. And, you know, now anyone can do whatever they want with an iPhone or a phone with a really good camera. So, I guess it's in line with, with all of those things, as well.

But, personally, I try not to use filters in a context of making myself look better. I try not to use filters. I don't know about you, Andrew, if you've had the same experience. But I find that it's just too tempting to slide across and then you get, you know, perfect skin, a nice glow. And it's just too easy, because then you get used to yourself looking like that. And then all of a sudden you go back to the normal one and you're, like, oh, oh my goodness, I look terrible. It's like, you're like, oh, I'll just go back. And it's almost like you have to get used to seeing the real you. For me anyway, everybody's different. I'm not saying that this is necessarily the right way for everybody. But for me, I think it's important to see myself the way that I really am, because that's not what I look like when I have a filter on a picture. That's not me.

But I do understand, it's just so tempting just to put a little, you know, make things a little softer, a little bit more perfect. I mean, who wouldn't want to look better? That's what it plays into. We all want to look better, really. So I do understand why it's difficult not to use filters. So even though I personally don't use them, I do understand why people use them. I don't criticize people for using them.

Andrew: Yeah, I don't either. I get it. I usually don't really care about my appearance too much, you know, when I'm using social media. You know, I'm not one of those, like, bodybuilder guys that is trying to get people to look at my content because of the way I look, right? Like the Culips Instagram is about learning English and so I want the content that I'm teaching to be really good, but, you know, my appearance is secondary to that. Of course I want to look professional, but I don't care about looking like a supermodel or anything like that.

I can say, I'll be honest, from time to time, especially on Zoom, when I use Zoom to teach my students these days, I'm still teaching online, our university is still closed because of pandemic. So I'm teaching online, and there is a filter on Zoom, where you can just up the brightness a little bit, and up the smoothness of your skin a little bit. And sometimes, Anna, for my early morning class, you know, if I'm a little tired and I notice some bags under my eyes, I will slide up the filter just a little bit just to not look so tired to my students, **just a touch**. So, yes, I confess that even someone who's not really concerned about their image too much, like me, I have fallen victim to the filter.

Anna: Yeah, I love that one on Zoom, actually, I, hands up, I think I'm using it now, actually, we're on Zoom now. I think I'm using it now. I'm at a constant state of, like, I use it a little bit. And I think I've just left it there because it is nice. I mean, when you get up in early in the morning, like, I mean, I don't know anybody that maybe looks their best first thing in the morning, you know. So, I think for me, the important thing is just not to use them too much. Just for my own personal mental health.

Because you're on Instagram, Andrew, and me too and I definitely do feel that since I've used social media—because I don't use social media in any other context, apart from my English channel. I don't use social media in a personal context at all. I don't have a personal account, I don't use it. So, when I started doing it, I did notice that I was focusing a lot more in the way that I looked. And it did make me think my hair doesn't look very nice, my skin doesn't look very nice. And I do have to say and admit that sometimes it affects maybe my confidence, if I'm not having a good day, I don't look very nice. I don't really want to make a video if I feel like I look really bad. Do I really want to put a video where I look terrible and broadcast it to the world? So it does make me a lot more conscious of my appearance.

So I can't imagine what it's like for people that have a really big social media following their images everywhere. It must be difficult not to be obsessed with how you look and not want to use things like filters. Because everybody's looking at you, everybody can see you. And I don't know, it must be difficult being in that situation, I can imagine, for some anyway.

Andrew: I guess maybe my concerns as a guy, like an older guy, I'm 37. And, like I said, I'm not trying to win any beauty awards or anything. And so people don't really care about how I look, right? Like, I've never gotten any comments like, "Oh, Andrew, you should gain some weight," or "You should lose some weight," or "You should grow your hair out," or "You should do something." You know, like, I've never had any comments at all ever online about my appearance. But I think if I even had one or two, you know, that would really hurt me and I'd probably feel a lot less confident going forward about creating content.

And, like you mentioned, some of these big creators, they just get comment after comment after comment about people **ragging on** their appearance, right? Or criticizing the way they look. So, in that situation, yeah, to me it like seems totally natural that you would want to use all the tools that you have to make yourself look the best you can so that you could avoid that kind of criticism. So, I totally get it. I don't know if I support it, really. But I get it, I totally get it.

Anna: I think one big moment for me was when I had a family member and they decided that they were going to get some lip fillers. Lip fillers are a procedure to enhance your lips, to make your lips bigger, which is something that's been a big beauty trend over the last few years. And at that point, I thought nobody really in my family, some of my friends had had procedures and things like this, but it was the first time that somebody in my family had sort of decided to do that. And I thought, wow, I wonder if that's, like, an indirect or a direct symptom of this kind of social media, Instagram, because they use Instagram a lot. I was like, I wonder if that's, you know, kind of an outcome of that. And that's the first time I'm **seeing it firsthand**, like this idea of, you know, a really big pressure on the way that you look. And a lot of the filters that people use actually make your lips look a little bit bigger. And it was a bit shocking, I have to say for me, it was, it did shock me a little bit.

And I thought, wow, maybe that's going to be more what it's like in the future. It's going to be more people making these kind of enhancements to try and align themselves with the way that they look with filters. And there's actually a new kind of **body dysmorphia** in teenagers, which I know, people have called it Snapchat **dysmorphia**, where teenagers are getting plastic surgery to look like the way they appear in beauty filters. So maybe that's going to be more people are going to be like that in the future, I don't know.

Andrew: Yeah, that's really interesting. And that's kind of the other side of the story that we haven't really talked about. We've talked about applying filters as the creator and changing the way that you look, but we haven't really talked about the influence of those photos, right? So what about all the people that are viewing the photos? And I'm wondering if we're getting a distorted image of what we think people actually look like, especially because of the pandemic. We've all been inside a lot more or wearing masks, we're not seeing people's real faces as much as we have been in the past.

But we're constantly **bombarded with all of these images** on social media and online. And if everybody's using filters, and kind of misrepresenting or lying about the way that they really look, then that will cause people to perhaps think that they're ugly, right? Why does everybody look so beautiful? I don't look like that. Why does everybody have these nice, full lips? My lips are so thin. You know, people could start thinking that way, especially vulnerable people, like you said, teenagers, right? They might be more susceptible to this or not even be as aware that people are adjusting their image online. So I guess that's kind of sad, it bums me out to think that people feel insufficient to the point where they need to alter their appearance just to, you know, keep up with an image that's not even real. It's just a filter. Seems pretty sad, doesn't it?

Anna: Yeah. And there are some people on Instagram, some influencers that do say, I'm thinking about one in particular, but she actually says what she's done to the photos. So, she says, "OK, I lightened this photo. I changed this part." And she's very much a person who promotes kind of positive, responsible use on Instagram. So, she actually says exactly what she's done to edit the photo because obviously, many photos are edited. And people don't really realize that, or some people don't realize that. And it can be confusing, as you said, people think, well, why do I not look that perfect? And actually, well, that photo has been through an editing process. And maybe they've changed a few things, enhanced a few things.

But I always think, if I put filters, if I always post filters of me, and I make myself look amazing, and whatnot, and then you actually meet me in real life, and you're like, oh, wait a second, there's definitely a big mismatch between what I'm seeing online and what I see face-to-face, that for me is not a good thing.

Andrew: Right, the expectation and the reality would not align.

Anna: There's a bit of a gap. So, like, I would almost prefer to have like low expectations. So to post, like, very normal pictures, where I'm just me, it's just a picture with no filters. And then when people meet me in real life, or the actual reality is similar. So it's not, like, you know, really high expectations or perfect skin or whatever. Because if you post those type of photos, when people meet you, they're going to, there's just gonna be a difference, it's a big difference.

I don't know, I would feel very uncomfortable with that. I think, oh my god, if people meet me, they're gonna think that I'm super ugly, or, I don't know, that's, I've always been that way, I would prefer to just post pictures of how I really look. And then there's, like, not pressure on me to look a certain way in reality, or wear loads of makeup, or whatever. But I do feel the pressure as an Instagram user, sometimes to look nice on Instagram. So it's just a pressure you have to deal with, I think, as a somebody on social media.

Andrew: So, Anna, I think you just previewed the answer to this question, but I want to ask you anyways, because I think it's a fun question. And that is, how do you feel about people applying filters or photoshopping their image when they are applying for a job or maybe making a dating profile? If you could imagine the situation. Let's say that you potentially, you know, you met somebody online and they looked one way, and then you met them in real life and they were totally different than their online profile photo. How would you, how would you feel about that? Would that make a good first impression?

Anna: Yeah, I mean, this is the thing, isn't it? It's like you, I mean, anyone can do whatever you want, it's your photo, if you want to put a filter on it, if you want to change it, that's completely up to you. That's your prerogative. But, again, it comes back to that point of expectation versus reality. If you're going to do that, and then you look completely different in real life, well, that's not, I don't know, you might be a problem, not necessarily a problem but it might just be strange for the other person or, and also, they're gonna find out in the end anyway how you look. You can't hide it. You can't, we can't have a filter on all the time.

But then that's a question, isn't it, maybe in the future we'll be able to have, like, I don't know, glasses or something where we always have a filter. So, like a permanent filter. So, like, everything that you look at is always filtered. I don't know, maybe that could be a future thing that everything we look at, maybe you have like the special glasses or something and we'll always have a filter. So, we'll never really know what things really look like. Oh, that's very *Black Mirror*, that's some very *Black Mirror* stuff right there, actually, very dark.

Andrew: Yeah, the augmented reality glasses or virtual reality. I think it's inevitable that something like that is going to happen in the future. That seems really scary to me because then if everybody's wearing their own set of glasses, they could apply their own filters, right? So it's not even the filter that you're putting on yourself but it's, like, I could change the filter that I have for you, Anna, for example, or you could change the filter that you have for me, and then that gets really creepy. I mean, I do think that these kinds of things are going to happen at some point in the future. It's almost inevitable, but how we deal with them and what that will be like, that's a question for another day. Thankfully, we don't have to worry about it right now.

So, I think we can wrap this conversation up here, it was really interesting and great to hear your take as an Instagrammer, Anna. And, listeners, of course we would love to hear what you have to say about this episode as well. You can send us an email if you wanna to give us your feedback or share your opinion. Our email address is contact@Culips.com.

And, everyone, we have a new feature, a much-requested feature, actually available on our website now, which is a comment section. So you can actually go to the post for this episode on Culips.com and there will be an area to comment below. So if you would like to share your opinion there and interact with other Culips listeners, as well, that is a place where we can now do it. We kind of quietly launched this feature recently. And I have been leaving comments and interacting with people. Some of our listeners have found it even though we didn't announce it. So it's been great to interact and communicate with people through the comments feature. So, guys, check that out and let us know what your thoughts about beauty filters are there.

If you like Culips and find us helpful for building your English language skills, then we would really appreciate it if you could support us. Now, there are many ways that you can do that. The best way is by signing up and becoming a Culips member on our website, which is C-U-L-I-P-S.com, Culips.com. But that's not the only way that you can support us. You could follow us on social media, like our Instagram account. You could leave us a five-star rating and a nice review on your favourite podcast platform. Or you could tell your friends who are learning English to check us out.

So that's it for us for now, but we'll be back soon with another brand-new episode and we'll talk to you then. Take care, everyone. Goodbye.

Anna: See you later.

Detailed Explanations

To morph
Verb

In this episode, Andrew talks about a recent viral video where a father uses a filter **to morph** into a horse on his phone's screen. **To morph** is to gradually change into something else. For instance, if you are gradually losing a lot of weight, you are **morphing** into a skinnier person. It is not uncommon in cartoons and other fictional movies for a character **to morph** into a different form.

To morph can also apply to situations. For example, a simple disagreement can **morph** into a serious argument.

Here are a couple more examples with **to morph**:

Charlie: Wow! You're a really good basketball player. When did you start playing?

Walter: I only started playing after I turned 17.

Charlie: Really? Why then?

Walter: That summer, I had a growth spurt. When I went back to school in the fall, I had **morphed** into the tallest kid in school. So everyone wanted me to play basketball!

Annie: I see you're still studying history. Why do you like history so much?

Lara: I think it's super important.

Annie: Why do you say that?

Lara: In my country, many years ago, we had a border dispute with another country. Soon after, that simple dispute **morphed** into an all-out war. That's why I believe it's important to learn from the mistakes of history.

Just a touch
Phrase

When talking about whether he uses online filters or not, Andrew mentions that he sometimes brightens his screen **just a touch** so he doesn't look too tired in front of his students. **Just a touch** means just a little bit.

Just a touch is more of an informal and lighthearted phrase to use when talking about a very small amount of something. You can answer **just a touch** when someone asks if you like that boy or girl, if you like to wear makeup, or if you would like some wine with your dinner.

Here are a couple more examples with **just a touch**:

Max:	Are you sure you want me to cut your hair?
Beth:	Yeah. You know I trust you.
Max:	I don't know if I can trust myself!
Beth:	Don't worry.
Max:	How much do you want me to cut?
Beth:	**Just a touch**. Actually, I just want you to cut off the tips. I have too many split ends.

Larry:	What's that you're drinking?
Sidd:	It's a cocktail I just invented. It doesn't have a name yet. Do you want a glass?
Larry:	Does it have alcohol in it?
Sidd:	**Just a touch**.
Larry:	Oh. No, thanks. I'm not drinking tonight.

To rag on
Phrasal verb

Talking about online comments, Andrew mentions how difficult it is for people to read comments from people **ragging on** their appearance. **To rag on** something is to criticize something heavily and continually. **Ragging on** something is often unfriendly and mean.

You can **rag on** something to do with someone, but you can also **rag on** someone personally. For example, you can say your friend has been **ragging on** you about your smoking habit.

Here are a couple more examples with **to rag on**:

Monique: Are you doing anything special this weekend?

Janice: Yeah. I'm going over to my parents' house for supper.

Monique: That's cool.

Janice: Not really. My dad likes to share his pretty strong opinions at the dinner table. Our family reunions usually end up with my dad **ragging on** the government for a few hours.

Monique: I see. It's pretty much the same thing with my family, too.

Gina: I heard you broke up with Tom. Are you OK?

Naomi: I'm more than OK. I'm very happy now.

Gina: How come?

Naomi: It was a toxic relationship. He was always **ragging on** my looks and on my body. I can't believe I dated him for as long as I did.

Gina: Oh, I didn't know that. Then good riddance to him.

To see [something] firsthand
Idiom

In this episode, Anna shares a personal story where a family member had a surgical procedure to have their lips enlarged. Anna says that it was the first time she had **seen someone having such a procedure firsthand**. **To see [something] firsthand** is to witness it yourself, to see it with your own eyes.

You can say **firsthand** when you have personally experienced something. It means you saw or experienced something, as opposed to hearing about it from someone else. Hearing a story from someone else is considered secondhand information.

Here are a couple more examples with **to see [something] firsthand**:

Melanie:	Did you see the prime minister yesterday?
Bradley:	No. Why?
Melanie:	He was downtown handing out masks to citizens.
Bradley:	Really? I didn't see that on the news. I'm not sure I believe you.
Melanie:	I **saw it firsthand**. I was about 50 metres away from him. Go online. You'll see pictures of me in the background!

Sue:	Did you do anything interesting last weekend?
Dom:	You'll never believe this, but I saw a horse giving birth!
Sue:	What? That's incredible. How did that come about?
Dom:	A cousin of mine owns a stable and raises horses. I was visiting when one of their horses went into labour. It was really special to watch.
Sue:	I can only imagine. Regular people don't usually get to **see that firsthand**.
Dom:	I know. It was a real privilege.

Body dysmorphia
Noun

In this episode, our hosts discuss the side effects of social media expectations. One of these side effects is **body dysmorphia**. **Body dysmorphia** is when someone obsessively focuses on some perceived flaw in their appearance. It is most often something other people will find minor or don't even notice. For example, you may be obsessed with the size of your nose, even though no one else cares or has a problem with it.

Body dysmorphia is considered a mental health disorder. People with this disorder often feel anxious in public and constantly worry about one or several aspects of their appearance.

Here are a couple more examples with **body dysmorphia**:

Paul: How do you think social media has changed society?

Ollie: I believe it's changed society in many ways, but I'm most concerned with what it has done to people's self-image.

Paul: Can you explain?

Ollie: For example, there is a rise in cases of **body dysmorphia**. Because of all these perfect images people see online, it is difficult for people, especially teenagers, to be comfortable with their own bodies.

Paul: I agree. That is quickly becoming a major problem in society.

Nancy: I've never told you about this, but I've struggled with **body dysmorphia** all my life. I used to have an eating problem because I didn't like how fat I was.

Bert: But you've never been a heavy person. I don't understand.

Nancy: That's the problem! It doesn't matter what other people think. It was about how I viewed myself.

Bert: I see. How are you now?

Nancy: I'm much better and much healthier now. But it can still be a little difficult.

To be bombarded with [something]
Phrasal verb

When talking about social media, Andrew says we're constantly **bombarded with online images** and that affects the way we perceive our own appearances. **To be bombarded with [something]** is to be exposed to a large amount of something. For example, we're constantly **bombarded with publicity**, whether it is on television, online, or on public advertisements.

The verb **to bombard** means to constantly attack something with bombs and missiles. **To be bombarded with [something]** is not as severe as being attacked with bombs. It simply means that you are constantly dealing with something, such as **being bombarded with emails or phone calls**.

Here are a couple more examples with **to be bombarded with [something]**:

Bernie: Hey, are you OK? You didn't return my phone call yesterday.

April: I know. Sorry about that.

Bernie: Were you busy?

April: Yeah. Right before you called me, I was suddenly **bombarded with special work** from my boss. I barely ate or slept last night.

Bernie: I see. That's all right. Do you have a moment to talk now?

Victor: Do you know who you're going to vote for next election?

Flo: Not yet. I'm still doing my research.

Victor: Same here.

Flo: But it's pretty difficult to find the truth about things. I feel like we're constantly **bombarded with so much misinformation**.

Victor: That's true. It takes a lot of searching online to find credible sources.

Quiz

1. What does to rag on mean?

a) to wash dishes with a rag
b) to criticize something
c) to really like something
d) to ignore something

2. True or false? Body dysmorphia is considered a mental health condition.

a) true
b) false

3. Which of the following is a good example of just a touch?

a) sprinkling a small amount of salt
b) eating too much
c) touching someone's hand
d) losing touch with a friend
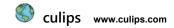
4. What does it mean to see something firsthand?

a) you see it with your own eyes
b) you don't really see it, but rather you feel it with your hand

5. Which of the following is NOT a good example of being bombarded with something?

a) you have too many emails to answer
b) your phone is constantly ringing
c) you have eaten a lot of food
d) members of your family are asking you for money every day

Writing and Discussion Questions

1. How much effect do you think social media has on the rise of cases of body dysmorphia?

2. Do you have any experience with body dysmorphia? Do you know anyone who has?

3. If you could morph into another living being, what would it be?

4. How do you react to someone who is constantly ragging on something in particular?

5. What is the most unbelievable thing you have seen firsthand?

Quiz Answers

1. b   2. a   3. a   4. a   5. c

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