

## The Highlight Reel

Comparison,

An emotion deeply rooted in envy and self-loathing.

But how can one not compare

When the infinite scroll pulls you down the rabbit hole.

Why don't I have that?

The hourglass figure,

The lack of stretch marks,

The perfect life.

Feeling like your body, choices, and existence are inadequate.

In a continual state of questioning

Whether the life I am living

Compares to someone else's highlight reel.

With the constant bombardment of idealized ways to live,

It's easy to forget that there is an actual person

With an imperfect life

Living behind those photos we scroll past.

There is so much we don't see.

Forced smiles

Lonely days

Failures and mishaps.

No one wants to put those online.

Expose that they don't have it all together

Break the fourth wall

Invite people in on their worst days.

It makes it so easy to forget,

Who you are posting for

Who you are performing for

Who you are *living* for.

Yet how do you live from behind a screen?

We say we take photos

To capture the memories we want to last forever.

But we don't actually *experience* the moment we're capturing.

We should all take a step back,

Appreciate the unique set of experiences we have been given

And *live* out our own highlight reel

Rather than try to conform to someone else's.