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## 5/4/25 Episode: The DMs that need to be left on seen



### TOP 6 LIST: DMs That Deserve to Be Left on Seen

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



### DEEPER DISCUSSION SEGMENT

1. Have you ever replied just to be nice?
2. What part of us wants to feel seen, even when it's crumbs?
3. What do we lose when we respond to low-effort DMs?



### REFLECTION MOMENT

1. What part of me still feels obligated to reply – even when I know it's not aligned?
2. Is it guilt? Habit? Wanting to be polite?



### JOURNAL PROMPT – Inbox Clarity

1. Think about a time you responded to a message you knew wasn't right for you.
2. Why did you answer? What were you hoping to feel or gain?
3. How can you give that to yourself instead – without lowering your standard?