

## Say It Another Way!

### **“I was bouncing from site to site”:**

- “I was rushing from one site to the next”
- “I was visiting a bunch of different sites”

### **“Your mind must have been so scattered”:**

- “Your mind must have been all over the place”
- “You were probably distracted and confused”

### **“There are a lot of nuances”:**

- “There are a lot of tiny details”
- “It’s not that simple”

### **“...based on some superficial information”:**

- “...based on surface-level information”
- “...based on things that you know very little about”

### **“You should seriously consider unplugging”:**

- “You should think about getting away from the internet”
- “Why don’t you disconnect for a while?”

### **“A good information detox”:**

- “A solid escape from information and the internet”
- “A chance to get away from everything online”