

If you have made it this far I think I can safely assume you're at least intrigued about my garbage of choice. (You can learn a lot about a person by what they choose to trash haha).

## **REALITY TV**

- WHY I WATCHED IT
  - I used to EAT UP that drama. I LIVED FOR IT. There's something about the drama of these shows that hooks you in (even when it's not reality). These shows also were an easy go-to in conversations with friends.
- WHY I STOPPED
  - When I watch shows such as Love is Blind, the Bachelor, Love Island, etc. I now realize I am more prone to judge people I don't know and those I do, I have unrealistic views of what good relationships look like, I trust the people I know less, and I gossip more frequently. In short I begin looking for the reality tv level drama in my life that does not exist.
    - SIDE NOTE: I know many people choose to watch these in groups and it can be odd to feel outside the loop, but if you're really with friends you can find more to talk about and different activities to do. Take heart and trust those around you care about you too!

## **ROMANTIC COMEDIES**

- WHY I WATCHED IT
  - I LOVE love. I love watching the guy get the girl. The stories get me everytime.
- WHY I STOPPED
  - I miss these most if I'm being honest. But even in all the joy of watching girl meet boy, boy pursue girl, and couple end up together, newer rom coms end in lustful sex not love. The purity of free love is stripped away, and I feel discontent with my current life and seek lust before love.
    - SIDE NOTE: If you're struggling to accept the present, and/or struggle in the realm of romantic fantasizing, pornography, and masturbation I'd suggest being selective about romantic movies especially, they do you more harm than good. (I say this out of love and from experience. Say goodbye to what you cling to, it's not worth the pain of extended struggle).

## **RECENT RELEASES**

- WHY I WATCHED IT
  - What can I say, I like to be in the know.
- WHY I STOPPED
- Expect the culture not to care about your well-being. PG-13 ratings of today are the R ratings of early times. Though some are okay, sex within the media is integrated into everything. These "surprise attacks" and not so subtle innuendos can catch me off guard, and lead me to speak and act differently. I begin leaning into cultural

norms including lack of dignity by saying “oh there is just one sex scene but you can skip through it”. Also, let’s be completely honest here ... there aren’t that many new ideas coming out anyways. (please don’t hit me, I’m just being honest).

If you have any questions about my experience and how I let go of these beloved categories of media please reach out. The media does not make it easy to let go of these things, but it is possible and I am here to help!

All my love and prayers,

Monica +JMJ+