A boring weekend?
Don't tell anybody!



A new survey has shown that 20% of British people tell lies about their weekend on social media.

The [redacted], by a travel website, shows that people [redacted] stories to make their lives appear more interesting than they really are. Psychologist Judi James, one of the organizers of the survey, said, 'When some people read their friends' posts and see their photos on Facebook, Twitter, and Instagram, they begin to feel [redacted] of them. They think that their friends are having a much more exciting life. So they invent details about their own weekend.'

One of the main [redacted] people give for inventing these stories is to have something to talk about on Monday morning at work or at school. This is because they don't want other people to think that they have [redacted] life. The most popular lies people tell are that they went to a party or went away for the weekend, and 3% of people even [redacted] fake tan on Sunday night to make their colleagues think they've had a weekend away in the sun. One person in ten invents a romantic break with their partner.

People aged 18 to 24 are the ones who most often [redacted] on social media and men lie more often than women. Only 20% of people interviewed said that they always told the truth in posts.

Judi James said: 'Social media is becoming increasingly [redacted] in our lives, and it seems we're living one life online and another in reality.'

So when you are feeling jealous on a Saturday night because your best friend is having a romantic dinner with her boyfriend in Venice, stop and ask yourself, 'Is she really there, or is she just sitting at home feeling [redacted] like me?'

Adapted from the British press

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