

KEEP THE STORY GOING

DEAR MISS POSIE

The Unfiltered Project

Who are you when no one is watching?

A reader journal and creative challenge

Before You Begin

The Unfiltered Project is a private media-literacy and identity journal. It is about noticing the distance between being visible and being known.

A private rule

This journal is not content. You do not have to post it, share it, photograph it, or turn it into anything public.

Ruth's story asks what happens when a voice becomes a brand, when nuance gets edited into spectacle, and when a person has to reclaim the right to define herself.

1. Profile vs. Person

If someone knew you only through what you post, wear, achieve, or publicly say, what would they get right? What would they miss?

THE PROFILE	THE PERSON
What people can see	What they might never know

2. The Edit

Meaning can change when context disappears. Read the original statement, then notice how each headline changes it.

ORIGINAL: I can love where I come from and still believe parts of it should change.

Headline

Teen Questions Traditions She Grew Up With

Headline

Young Woman Rejects Community Rules

Headline

Former Insider Says Tradition Must Change

What changed?

What did the headlines add, remove, imply, or exaggerate?

Try it yourself

Write one calm, nuanced statement. Then rewrite it as a sensational headline. What gets lost?

3. Metrics That Don't Measure You

Numbers can measure reach. They cannot measure a whole person.

A number I sometimes use to judge myself

Followers, likes, grades, money, weight, ranking, streaks, views, something else.

What that number can actually tell me

What it cannot tell me

Three qualities I value that cannot be counted

4. Who Am I When Nobody Is Watching?

Finish the sentences quickly. Do not try to make the answers impressive.

When no one is watching, I...

I feel most like myself when...

I perform a version of myself when...

I wish people understood that...

I am still becoming...

5. Dear Miss Posie

Write the question you wish you could ask without anyone knowing it was yours.

Dear Miss Posie,

Now imagine this letter came from someone you care about. Answer it with the kindness, nuance, and patience you would want for them.

Dear Reader,

6. Known, Not Watched

Who are the people with whom you do not have to perform?

Person 1

What makes you feel known around them?

Person 2

What can you say or do without editing yourself?

Person 3

How do they respond when you change or grow?

A relationship I want to make more honest

What is one small thing I could stop performing?

7. The 24-Hour Unfiltered Notice

For one day, simply notice every time you adjust yourself for an audience. Do not judge it. Just record it.

Moment	What I changed	Why I think I changed it

At the end of the day: which adjustments felt healthy, and which felt like disappearing?

8. Keep the Story Going

Choose one.

- ☐ Take one hour offline and notice what your mind reaches for.
- ☐ Tell someone something true without trying to make it impressive.
- ☐ Read a headline and find the original source before reacting.
- ☐ Write a private letter that you never intend to post.
- ☐ Compliment someone on something that cannot be measured.

Being visible is not the same as being known.