

# FamilyLife Blended® Radio Transcript

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## Digital Jealousy, Connecting Through Vulnerability

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**Ron:** This is ironic, in today's digital world we're more connected and disconnected than ever before.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** Jealousy and envy are at an all-time high in our culture. Why? Because the daily "highlight reel" of social media makes everyone else's life look perfect. So, while we're seemingly more connected to other people's lives, we distance ourselves in envy because our lives don't compete.

You know, the way to truly connect between families and within your family, is through transparency. Sharing your true self, not your sanitized social media self. Find the courage to give your family and friends a chance to love the real you; and see if they don't return the favor. For FamilyLife Blended I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended® with Ron Deal* is a production of FamilyLife®.

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