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Social Media's Impact on Relationships

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This article aims to identify the impacts social media has on relationships. It is no secret social support has been shown as a predictor of positive mental health but there are negative interpersonal and personal factors as well. This article will discuss the roles social media plays and the importance couples hold on social media. The article looks at ways to address social media in family counseling using a Structural Family Therapy approach. The bridge between social media and relationships is an important area to research so that we can understand its effects on society.