# Article information:

Cítíte se špatně, když nesplníte výzvu na Goodreads nebo Stravě? Je dobré si cíle kalibrovat, říká psychoterapeutka
<https://denikn.cz/1105212/citite-se-spatne-kdyz-nesplnite-vyzvu-na-goodreads-nebo-strave-je-dobre-si-cile-kalibrovat-rika-psychoterapeutka/?ref=mpm>

# Article summary:

1. Many people use apps to track their activities and measure their success in various areas of life.

2. Psychologist Magdalena Frecer warns against the pressure to be perfect and meet societal expectations, which can lead to feelings of failure.

3. Frecer suggests being realistic about what can be accomplished in a day and not relying too heavily on apps or external measures of success.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article discusses the trend of using apps to track various aspects of one's life, such as exercise, sleep, and spending habits. The author interviews a psychotherapist who provides insights into the motivations behind this trend and its potential benefits and drawbacks.

One potential bias in the article is that it presents a somewhat negative view of app tracking, suggesting that it can be a source of anxiety and self-doubt. While this may be true for some individuals, it is not necessarily representative of everyone who uses these apps. The article could have benefited from including more diverse perspectives on the topic.

Another issue with the article is that it does not provide much evidence to support its claims about the negative effects of app tracking. For example, while the psychotherapist suggests that these apps can lead to feelings of failure and inadequacy, there is no data presented to back up this claim. Similarly, while the article suggests that there may be risks associated with relying too heavily on these apps, such as becoming overly rigid or losing sight of individual needs and preferences, there is little discussion of how common or severe these risks might be.

The article also seems to present a somewhat one-sided view of the role that app tracking plays in people's lives. While it acknowledges that some individuals find these apps helpful for staying organized and motivated, it focuses primarily on their potential downsides. This may give readers an incomplete picture of the pros and cons of using these tools.

Overall, while the article raises some interesting questions about our relationship with technology and our desire for control over our lives, it could benefit from more balanced reporting and a deeper exploration of the evidence supporting its claims.

# Topics for further research:

* Benefits of using apps to track exercise
* sleep
* and spending habits
* Positive effects of app tracking on mental health and well-being
* Research on the effectiveness of app tracking in achieving personal goals
* Strategies for avoiding the negative effects of app tracking
* such as anxiety and self-doubt
* Comparison of different types of tracking apps and their features
* User experiences and perspectives on the use of tracking apps in daily life

# Report location:

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