



Module 9: Online relationships

Think about your online relationships and answer the following questions:

Exercise 1 - Online & Offline Relationships

	Online Relationships 	Offline Relationships 
<p>Write down how many significant people you have in your online and offline world.</p> <p>What good things do I get out of these?</p> <p>What gaps are they filling in my life?</p> <p>What do these relationships mean to me?</p> <p>What do I enjoy about chatting to these people?</p>		

What do you notice about the online and offline relationships?

Are there some things that you would only discuss/do online? Why is this?

How does this make you feel? Do you see your online relationships differently now?

Some of the dangers of online relationships:

- You don't get challenged -Talking to like-minded others means that you are unlikely to be challenged in what you say.
- Talking to other people can help you to justify what you're doing "*they're doing it, so why shouldn't I?*"

It may provide you with the opportunity to do things that in the offline world would make you feel very uncomfortable.