Online World

Exercise: How do I cope with isolation or loneliness?

List the things you VALUE about offline (in-person) relationships and then what ACTIONS could you take to achieve these.

Situation / Event	Negative Strategy / behaviour including thoughts and feelings	Positive Strategy / behaviour including thoughts and feelings
Living alone, feeling isolated	*Going online into chat rooms, engaging in sexual chat. Felt excited at first but afterwards guilty and ashamed.*	*Take Spanish lessons. Feel scared at first session but happy afterwards.*