

Online World

Exercise: Online and Offline Relationships

	Online Relationships	Offline Relationships
How many significant relationships do you have in your online/offline world?		
What good things do I get out of these relationships?		
What gaps are they filling in my life?		
What do these relationships mean to me?		
What do I enjoy about engaging with these people?		

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?