**Exercise: Online vs. Offline Affection Map**

This exercise helps clarify how affection is expressed and received in digital spaces versus face-to-face. It offers a way to explore emotional impact and identify any gaps between intent and experience. Fill in each column with examples from your relationship. You can use the examples provided or add your own. Reflect on which connection type feels more emotionally satisfying, and why?

| Type of Affection | Digital Example | In-Person Example |
|---|---|---|
| Words of affirmation | e.g., "I miss you" text | "I love you" in a soft tone |
| Physical affection | emoji kiss or heart | actual hug or kiss |
| Attention cues | sending a meme or GIF | making eye contact |
| Flirting or playfulness | cheeky message or selfie | teasing or playful glance |
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*Reflection:*

- Looking at both columns, which type of affection feels more emotionally satisfying to you? Why? (*Does one feel more vulnerable, connecting, or authentic?*)

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- Are there moments where you've wanted affection in person but received it digitally instead (or vice versa)? What was that like for you?

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- Is there one type of affection you'd like to increase in either digital or in-person settings? (*Be specific: words, touch, attention, flirtation?*)

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