

Connecting on Facebook

This is common sense I suppose; we now know that posting on Facebook causes people to feel less lonely. (Study by: Deters, F. G., & Mehl, M. R. 2012, in press). It's about connectedness. We all want to belong to someone, a family, a group, a culture. We can connect in positive ways affirming and encouraging each other, or negative ways belittling, shaming, or shunning one another. What is difficult in social media is separating the real from the imagined or projected. Without voice, touch, or eyesight in the actual presence of a person, (meaning availing ourselves of a myriad of human-to-human relational cues) we have a lot more latitude to connect either way without immediate consequence.

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