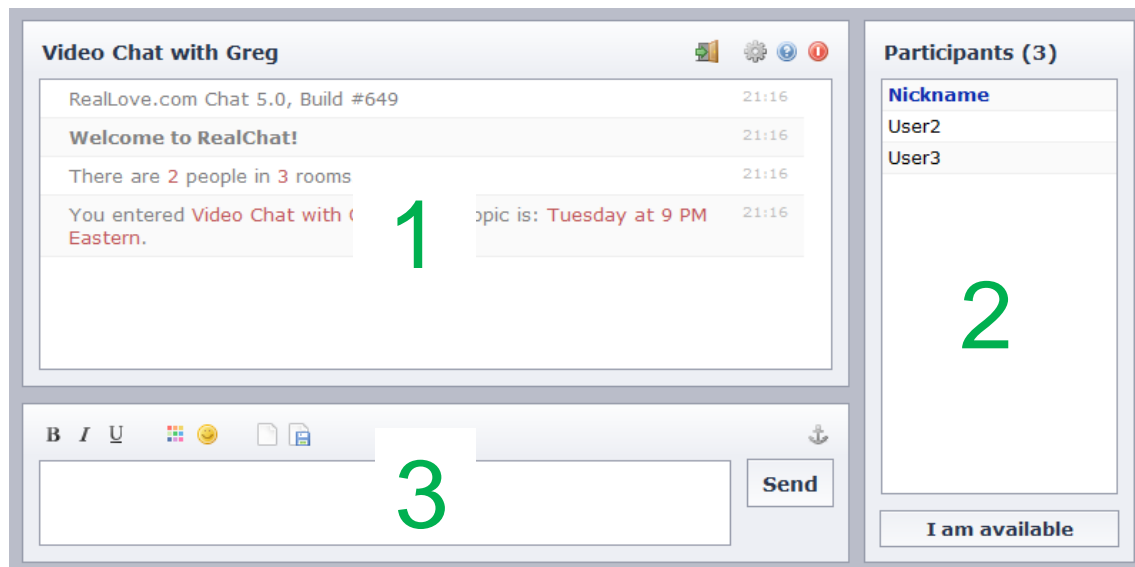


## Video Chat with Greg

Once you have joined the video chat as a participant, you will see three boxes:

1. the text box of the on-going chat
2. a list of the nicknames of other participants who are logged onto video chat. (These aren't all the people watching the video, just the ones who signed into the chat.)
3. the text box where you write your comments to send to the ongoing chat text box



By right clicking on a participant's nickname, there are 3 options available to you.



1. **Whisper** – Use this to send a quick private message without leaving the group chat tab. Only the person you selected can see your message. You can also double-click a name to send a Whisper.
2. **Private chat** – Use this to start a private conversation with the selected person. Private chats open in separate tabs. The group chat is always the first tab on the left.

3. **Block User** - To ignore a participant's comments, right click their name and select **Block User**. Their name will appear in plain text with a line through it. This means that you cannot see messages from that person. They can still send messages to the group; however you will not see them.

How do I...?

**See the chat and Greg's video at the same time.**

On the chat page, when you enter your nickname and click "Join" you will see the chat window on the bottom and Greg's video just above it, and to the right.

Alternately, you can open the chat in a new window by clicking the "open the chat room in a new window" link. You will now have two windows open; one window with the chat, and the other with the video. These can be resized and arranged on your desktop to allow you to watch both simultaneously.

**Get the video stream.**

The video stream starts at 9 PM Eastern every Tuesday. There will be no video feed before or after that time. If you experience no video;

1. Refreshing your browser by pressing "Shift+F5"
2. Closing and reopening your browser
3. Rebooting your machine.
4. Test your computer to ensure you have the necessary software by watching an archived video chat. <http://www.reallove.com/member/archive-vchat.asp>

**Get the necessary software for watching the video chat.**

A link is provided at the bottom of this page: <http://www.reallove.com/member/vchat.asp>

**Get the names or email addresses of participants willing to practice the principles of Real Love with me.**

Ask in the group chat window. Those willing to share their names or numbers can start a private chat with you or whisper their response to you.

**Disclaimer**

The opinions, advice, and counsel provided by Greg Baer, M.D., Real Love Coaches, RealLove.com, and participants on the video chat or in the RealLove.com Forum are not to be used as a substitute for medical attention, diagnosis, or treatment, or for other professional mental health or medical services. Neither Dr. Baer nor RealLove.com will be held liable for the use that anyone might make of the information or advice given.