**Is our real world a virtual reality?**

## Exercise

Six sentences have been removed from the text below. Choose from the sentences A - G the one which fits each gap. There is one extra sentence which you do not need to use.

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### Cartesian Dualism in XR

In the 17th century, René Descartes theorized the separation of mind and body, a theory now known as Cartesian Dualism. [1] … We each have a physical or real-life body and mind as well as multiple virtual bodies. In some ways, we have multiple virtual minds too, or at least different versions of our actual mind [2] … We can identify with and think of our "self" as any one of these bodies or minds, or even varying combinations of them. We can create or choose avatars that look very much like us or very different from us, and we can switch avatars to "become" someone or something else entirely [3] … .

If we want to go even deeper down the rabbit hole of XR Dualism, consider that we can't really tell who (as in, whose mind) is embodied in another avatar that we see within the experience. It could be someone we know, a stranger, or an NPC (non-player character; often controlled by a set of pre-programmed actions, a set of algorithms, or an AI). [4] … For example, they may use a different name and voice, making it difficult to recognize them, or they may act more assertively or take bigger risks than in real life. This is equally as true for us as it is for the other players we encounter.

In short, Cartesian Duality permeates XR in dizzyingly complex ways. [5] … Given that our personal identities (including beliefs, behaviours, and attitudes, to name a few characteristics of our identities) are closely tied to if and how we learn, avatars play a crucial role in the design of any XR eLearning experience.

[6] … This is precisely why eLearning professionals need to pay careful attention to the use of avatars in XR learning experiences.

From: https://learningsolutionsmag.com/articles/metafocus-avatars-cartesian-dualism-and-xr

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**A.** Even if the avatar represents and is being controlled by someone we know, they may behave differently based on the avatar they're currently using.

**B.** It lacks visual input , the nuance of facial expressions and body language, and clear emotional content.

**C.** The process of temporarily embodying and identifying with each avatar and virtual self is a big part of how we learn.

**D.** XR technologies such as virtual reality (VR), augmented reality (AR), and 360-degree video push this Dualism concept to the extreme.

**E.** Our personal identity fluidly shifts between the myriad representations and embodiments of our real and virtual selves.

**F.** Especially when we consider the different personalities and shifting perspectives that we adopt in our various online communities and social media profiles.

**G.** , sometimes altering or even switching our avatars every time we play a video game or XR experience.