

Worksheet

Looking back at the list of reasons people turn to technology, put a check on those of the following can you identify with:

- Breaking News
- Attention
- Entertainment
- The Boredom Buster
- Curiosity
- The Emotion Avoider

What other factors pull you toward your phone and away from the present?

- Reply to texts immediately
- To look something up you have a question about
- Work/be productive when there is a free moment
- Receiving a notification, text, or call
- Other

AS A COUPLE, HOW CAN WE HELP ONE ANOTHER WITH USING TECHNOLOGY IN A HEALTHY WAY? WHAT CREATIVE SOLUTIONS CAN WE IMPLEMENT FOR OUR FAMILY?

Write out technology goals/limitations that you will communicate to your family to grow in relational connection. If needed, use this template as a guide:

I would like to...

...make my mornings count. I will strive to set aside the first _____ minutes of the day to be technology free.

...avoid technology being a distraction and want to change my notification/alert settings on _____ or set limits on _____.

...establish _____ as a technology free location.

...establish _____ to _____ as a technology free time during the day.

...end my evenings by quieting my heart and mind. I would like to set aside technology _____ minutes before bedtime.

Narrowing the focus

Your Primary Takeaway:


