

Chapter 3 Resources: How Technology Changes Our Brains and Relationships

Exercise: Digital Disruption Inventory

This exercise can be used to increase awareness of how, when, and why technology interrupts connection. For two days, observe and log instances where technology interrupts your presence or connection:

Situation	Device	What Was Interrupted?	Necessary? (Yes/No)	How Did You Feel?
e.g., Dinner	Phone	Conversation	No	Frustrated, disconnected

Reflection:

- When and how often did these interruptions occur? _____

- Were most interruptions purposeful (e.g., important or time-sensitive) or automatic (e.g., out of habit or boredom)?

- What small change could reduce digital disruptions? _____
