

Exercise: Tech-Free Connection Rituals

This exercise can be used to support emotional intimacy by creating intentional, device-free moments of connection. Even a few uninterrupted minutes a day can reset relational tone, reduce emotional distance, and encourage presence. Create a few and pick one daily ritual to complete. Repeat each day for one week (or per a realistic schedule), and briefly note what changed.

Ritual	When	Duration	Notes After Completion
e.g., Morning coffee with partner	7:00 AM	15 mins	Talked more, felt calmer

Try:

- Meals together (no phones at the table, even if it's just 10 minutes)
- Shared walks (music is great but without podcasts or scrolling)
- Bedtime (reading to each other, interacting, cuddling, or talking before sleep)
- Morning (a few words of appreciation, start with asking how they slept)
- Solo reflection (for grounding, journaling, or simply noticing your thoughts)

Reflection (after 3–7 days):

- What felt different without digital interference? _____
- Did your attention shift? Did you feel more connected or more uncomfortable at first?

- How might this ritual evolve into a long-term practice of presence? _____

Optional Therapist Prompt (for clinical work):

- If resistance or avoidance came up during the ritual, what do you think it was protecting you from? What would it take to make that moment feel emotionally safe or worth protecting?