

## Chapter 6 Resources: Love in the Digital Age

### Worksheet: Active Listening Reflection

This exercise can help you explore how technology shapes your emotional and intimate connection. This inventory identifies where digital habits strengthen closeness and where they may be replacing more meaningful, in-person intimacy.

Reflect individually on each question below. Then, if comfortable, share and compare responses with your partner.

- What are three ways technology enhances our intimacy?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- What are three ways it interrupts or replaces emotional connection?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- After texting, calling, video chatting, or being in person, which makes me feel most emotionally connected? Why?

\_\_\_\_\_

- How often does digital replace face-to-face affection, presence, or attention? Why?

\_\_\_\_\_

### Discussion Questions (*optional*):

- Which of these digital habits feel like conscious choices—and which feel automatic?
- What's one digital habit you'd like to keep, and one you'd consider changing to improve connection?