

Chapter 7 Resources: Overcoming Technology Addiction in Relationships

Assessment: Relational Technology Use Assessment for Couples Therapy

This structured assessment helps identify how technology use may be disrupting emotional connection, communication, or intimacy within a relationship. It guides couples and therapists through five steps to evaluate patterns of overuse, explore emotional and relational impacts, and determine whether the core issue is behavioral, relational, or rooted in mental health.

Who this is for:

Couples experiencing frequent arguments about screen time, emotional disconnection, secrecy, or imbalance in digital engagement. Therapists can use this tool to assess the role technology plays in relationship distress and tailor interventions accordingly.

How to use the assessment:

Work through each step in sequence. Follow the prompts and decision points to guide clinical discussion, client insight, and appropriate intervention planning.

Scan the QR code below to access the assessment online:

