

Exercise: The 4Ds of Disruption

This exercise helps you and your partner identify how technology may be silently shaping your connection. By exploring the “4Ds,” you can uncover hidden friction points and take steps to repair or protect emotional closeness.

Read each of the four categories together and discuss where each of you sees these patterns show up in your relationship.

- **Distraction:** One partner is physically present but mentally elsewhere, often due to scrolling or multitasking.
- **Disconnection:** Moments when digital engagement replaces emotional connection (*e.g., choosing phone time over talking*).
- **Disruption:** Conflicts triggered by technology use (*e.g., ignored bids, checking phones during arguments*).
- **Displacement:** Shared rituals or moments are replaced by solo tech use (*e.g., separate screens instead of shared bedtime*).

Reflection:

- Which “D” shows up the most in your relationship right now? _____

- Which one has had the biggest emotional impact over time? _____

- What is one specific step you can each take this week to reduce its effect?

