

Worksheet: Developing Healthier Digital Habits in Relationships

This worksheet is designed to help couples recognize and address technology habits that may be affecting their emotional connection, communication, and overall relationship satisfaction. By identifying patterns of digital overuse, reflecting on triggers, and choosing intentional alternatives, you and your partner can create healthier routines that support intimacy and presence. This exercise encourages couples to be mindful of their digital habits and prioritize their relationship by making small, intentional changes that promote connection and intimacy.

1. Identify technology use patterns:

- Technology habits that may be interfering with quality time: _____

- Daily screen time (*estimate minutes / hours per day*):
Partner A: _____ Partner B: _____
- Key platforms (*e.g., social media, gaming, streaming*): _____

- Main triggers (*e.g., boredom, stress, loneliness*) _____

2. Explore relationship-focused alternatives: In the following table, each partner should select at least one alternative activity per category that aligns with their shared interests and provides emotional or social connection *together*:

Physical Activities	Creative Activities	Relaxation	Shared Connection
<input type="checkbox"/> Cooking together	<input type="checkbox"/> Cooking together	<input type="checkbox"/> Listening to music	<input type="checkbox"/> Device-free meals
<input type="checkbox"/> Partner yoga/gym	<input type="checkbox"/> Writing letters to each other	<input type="checkbox"/> Reading aloud together	<input type="checkbox"/> Sharing a hobby
<input type="checkbox"/> Dancing	<input type="checkbox"/> Scrapbooking memories	<input type="checkbox"/> Meditation	<input type="checkbox"/> Planning a date night
<input type="checkbox"/> Gardening	<input type="checkbox"/> Taking photos together	<input type="checkbox"/> Watching a movie together	<input type="checkbox"/> Playing a board game
<input type="checkbox"/> Outdoor adventure	<input type="checkbox"/> DIY home projects	<input type="checkbox"/> Sharing a morning coffee ritual	<input type="checkbox"/> Reflecting on daily highs/lows

3. Create a relationship plan: Identify key moments where technology use is most likely to interfere with connection (e.g., during meals, in bed, before sleep). Then replace these instances with intentional couple-based activities. For example:

- If one partner frequently checks their phone during dinner, establish a “tech-free meal” rule where both focus on conversation.
- If scrolling before bed reduces intimacy, replace it with a shared nighttime routine like reading together or discussing highlights of the day.

Technology Use That Interferes with Connection	Alternative Couple-Based Activity

4. Reflect on your changes: Keep a joint reflection journal or have a daily check-in to discuss:

- What technology habit was adjusted? _____

- What alternative activity was chosen? _____

- How did it impact emotional connection? _____

- Were there any challenges or moments of resistance? _____

5. Review and adjust: At the end of the week, discuss as a couple. *What worked well? What didn't work or felt forced? What would we like to try next week?* Adjust routines based on mutual feedback to create sustainable habits that align with both partners' needs.