

## Chapter 8 Resources: Rewiring Digital Habits

### Handout: Supporting Lasting Digital Habit Change

To help you and your partner effectively manage and modify your digital habits, these therapeutic interventions can address the behavioral and emotional aspects of technology use.

This section outlines evidence-based strategies, including CBT techniques, relapse prevention strategies, and methods for enhancing intrinsic motivation and goal setting.

### Identifying and Challenging Negative Thoughts

CBT is a powerful tool for helping couples recognize and challenge negative thought patterns that contribute to excessive technology use.

These thoughts might include:

- *I need to stay connected all the time.*
- *I'll miss out if I'm not online.*

By bringing these thoughts into awareness, you can evaluate their validity and replace them with healthier alternatives.

For example, a partner who compulsively checks social media may learn to reframe their thought from:

- *If I don't check, I'll fall behind*  
to
- *I can stay informed without constant scrolling, and breaks will benefit my well-being.*

Over time, replacing negative thoughts with more adaptive ones can lead to structural changes in the brain, strengthening new patterns of thinking and behavior. As these thought processes become more automatic, you will experience less compulsion to engage in maladaptive digital habits, making long-term habit change more sustainable.