Exercise: Relapse or Reset Plan (Maintenance / Relapse)

This exercise helps you recognize early signs of slipping into old digital patterns and create a plan to reconnect, without blame or giving up. The goal is to normalize setbacks and prepare a gentle reset that feels doable.

Use the examples below for reference and fill out your own together:

What pulls us back?	How we notice it's happening	What we'll do to reset
Work stress or feeling overwhelmed	Less eye contact, eating while scrolling	No-tech dinner and a 5-minute "How are we doing?" check-in
Feeling emotionally distant	We retreat into solo tech use at night	Share a memory or appreciation before bed
Parenting overload or fatigue	Zoning out on phones while kids are distracted	"How are you holding up today?"
Habitual evening scrolling	No real conversation before sleep	Set an alarm to put phones down 10 minutes before bed
Avoiding hard conversations	More passive checking of devices during tense moments	Use a code word to pause and check if something's being avoided
Lack of recent intimacy	Flirting only happens online or not at all	Choose one small ritual again—like a nightly "what made you smile today?"

Reflection:

- Which reset feels achievable this week? _____

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- What's one signal you'll each look for that might show you are disconnecting again?

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