Relationship and Technology

Creative ways to stay sane in a technological world

Key Takeaways

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How WE are Being Impacted

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Time

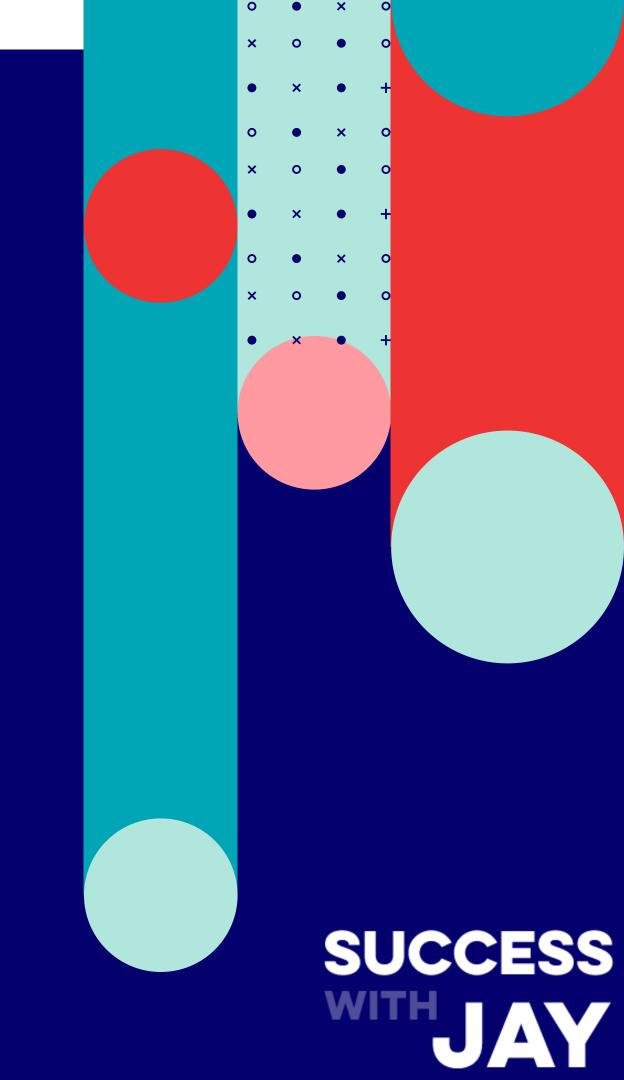Beginning of our day
During the day
End of the day

Focus

Distractions
Vibrations
Interruptions

Relationships

Limits Quality Human to Human
Interactions
Leads to Misinterpretations
Ease of Access
Reduces Distance

Statistics Show

- Eighty-eight percent agree that technoference is a big problem in our society, with 62 percent of those surveyed agreeing that it is a big problem in their family. Seventy percent reported that technology interrupts family time at least occasionally.
- Forty-five percent consider technology a big problem in their marriage.
- More than one-third of the adults use technology in their bed every night or almost every night. Even more, 43 percent, report that their spouse/partner uses technology in bed every night or almost every night. That may be why nearly 25 percent feel like their partner's use of technology in bed interferes with their sexual relationship.
- Fifty-five percent feel like their spouse/partner spends too much time on their cell phone, and 48 percent wish their significant other would spend less time on their cell phone and more time with their children.
- Fifty-three percent believe they personally are on their cell phone too much, while 59 percent believe their spouse or partner is on it too much.

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ESTABLISH A COMMUNICATION RULE

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Established the way in which both parties wish to communicate.

Establish what is being discussed and on what platforms.

Establish timelines to communicate effectively in each platform.

Be Curious about peoples' style of communication in technology

Set Healthy Boundaries for Technology Use

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Establish a start and end time to engage in technology.

Establish your routine in your relationships with technology.

Establish your need for interpersonal interaction time with non-verbal and verbal communication cues.

Be curious about how technology is impacting your nervous system.

Focus on Connecting on a Personal Level

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Establish why you are communicating with the person
.
Establish the type of relationship you have with the person.

Establish the tone of the conversation.

Be Curious about how your message and your emotions are conveyed.
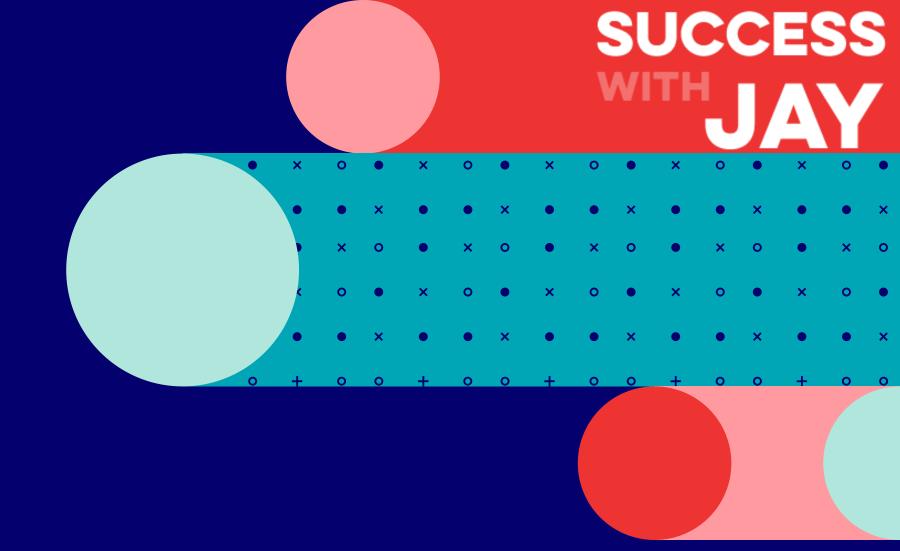
BE FLEXIBLE

Establish start up conversations that lead to general well-being.
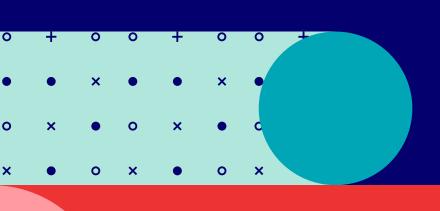
Establish a check-in system that allows you to at least hear or see the person while communicating.

Establish a detox time for technology.

Be Curious about what is happening with the other person you are communicating with.

"You never change things by fighting the existing reality. To change something build a new model that makes the existing model obsolete."

Sustaining this kind of culture can do wonders. It can answer the need for human connection while everyone's temporarily apart.