

Get Unplugged

Do you have an electric pacifier?

You know what I am talking about...that device that you simply cannot live without. Maybe it's your phone, your tablet or you are always in front of your computer. Are you even aware of the distraction that it is causing in your marriage? How your spouse wants to connect with you but can't compete with whatever is on your screen? It's time to take stock of just how plugged in you are.

1. I/we own the following devices (circle all that apply):

- smartphone
- television
- tablet
- laptop
- desktop
- Other _____

2. These devices are kept (circle all that apply):

- In the kitchen
- In the bedroom
- In the office
- In my pocket
- Other _____

We're losing social skills, the human interaction skills, how to read a person's mood, to read their body language, how to be patient until the moment is right to make or press a point. Too much exclusive use of electronic information dehumanises what is a very, very important part of community life and living together.

- Vincent Nichols

3. I have had ignored my spouse because of something that was on the screen. (Y/N)
4. I check my device first thing in the morning before I do anything else (Y/N)
5. I check my device last thing before I go to sleep. (Y/N)
6. I find it easier to connect with people online (Facebook, twitter, Vine, Snapchat, etc.) than with my spouse. (Y/N)
7. I take my phone with me everywhere (bathroom, bedroom, outside). (Y/N)
8. My spouse has become frustrated over my screen time. (Y/N)
9. I have found that huge amounts of time disappear when I am on my device. (Y/N)
10. I spend _____ hours looking on the screen outside of my work day.

*Disconnect from technology and reconnect with each other.
-Rosemary Wixom*