Is Technology Harming Your Relationship?

Have you ever seen a couple sitting together at a restaurant or park, and instead of making eye contact and engaging in conversation with each other, they were both staring at their phones instead? Does this describe you and your partner? So many times I’ve had clients confide, “Our phones are coming between us” or, “It feels like there’s a third person in our bed, but it’s a cell phone.”

With the evolution of technology and smart phones, we have developed new ways of connecting with each other. The internet allows us to connect with someone in another country, find people who have similar interests as us, and meet people we may have never bumped into organically. Although there are many benefits of communicating with technology, it can also account for an increase in miscommunication because non-verbal cues are left out. Communication between people is made up of:

- 7% spoken word
- 38% voice and tone
- 55% body language

When we leave out voice, tone, and body language, our messages become garbled and lack clarity. This makes communicating, connecting, and developing intimacy much harder.

Dealing with conflict, discussing sensitive issues, strengthening emotional intimacy, and connecting with your spouse or partner are essential parts of a healthy and satisfying relationship. Too often technology, particularly the smart phone, can get in the way of healthy communication in a relationship. Luckily there are resources available to help you and your partner reconnect and communicate in a more productive and satisfying way.

At Youth & Family Services Stronger Family Program, we offer an Active Relationships Class where you can learn specific ways to enhance your communication skills, increase the effectiveness of your conflict resolution skills, and develop great satisfaction in how you talk with your partner/spouse. Give us a call at (605) 791-5025 today! We want to help you learn and grow.

Tip: Take A Break!

Try making your partner feel more valued by taking a break from your smart phone during times you’re both together. Turn off phones during meals or consider keeping it in a different room when it’s time to climb into bed for the night. What about having a cell phone-free day once per week? Use the time you’d normally spend browsing social media or news apps to reconnect with your partner!

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