

Digital Boundaries for Couples

Protecting Presence, Trust, and Connection in a Screen-Filled World



Technology is not the enemy, but unexamined digital habits can quietly erode presence and trust.

Focus: technology, presence, privacy, trust, and digital habits

Purpose: helps readers create healthier digital rhythms that support connection and trust

Luminous Pathways International

Why This Matters

Phones, messages, social media, and constant notifications shape our relationships more than we often realize. Even helpful tools can create distance when screens receive our best attention and loved ones receive what is left over.

This workbook helps you think practically about digital habits, relational presence, and healthy agreements that strengthen trust and connection.

What This Workbook Helps You Do	What This Workbook Is Not
Clarify how technology is affecting your relationship and create healthier practices around it.	This is not about rejecting technology entirely. It is about using it in a way that supports, rather than weakens, your relationship.

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Three truths to carry with you

1. **Attention is relational currency.**
2. **What is convenient is not always connecting.**
3. **Healthy digital habits usually require intentional agreement.**

Core Relationship Insights

Use the ideas below as anchors while you work through this resource.

Protect presence	Discuss boundaries
Designate moments where devices are set aside so conversation and connection can be fuller.	Talk openly about social media, privacy, accessibility, and what builds trust.
Notice emotional impact	Create rhythms
Pay attention to how scrolling, secrecy, or divided attention affects the relationship.	Healthy habits are easier to practice when they become shared routines.

Try This This Week

■ Identify one time of day to be device-free together.
■ Clarify one boundary around phones or social media.
■ Notice one digital habit that creates distance.
■ Choose one practice that supports presence.
■ Revisit the agreement after a week.

Personal Reflection Workbook

Take a little time to answer these questions honestly and gently.

How is technology currently helping my relationship?

How might it be creating distance or distraction?

What feels healthy or unhealthy about our digital habits?

What one digital boundary would support greater connection?

Action Steps

Choose one or two practical steps you can begin this week.

Device-Free Rhythm	Trust Conversation
Choose one recurring window—meals, evenings, or bedtime—where phones are set aside.	Talk honestly about what builds security and what creates tension in your digital world.

One step I will take this week is:

What will help me follow through?

A few simple examples

- Identify one time of day to be device-free together.
- Clarify one boundary around phones or social media.
- Notice one digital habit that creates distance.
- Choose one practice that supports presence.
- Revisit the agreement after a week.

Journaling Prompts & Closing Reflection

Use these prompts for continued reflection, prayer, or conversation.

How do I feel when technology competes with connection?

What boundary would help me be more present?

How can I use technology with greater intention?

Closing Reflection / Prayer: May technology serve connection rather than replace it, and may our attention become a deeper gift of care.

Try This Before the Next Workbook:

Choose one small practice from this resource and return to it for one week.

Coming Next:
Navigating Difficult Conversations