
TECHNOLOGY & SCREENS

Digital Boundaries

Setting healthy limits on screens, social media, and technology to protect your relationship.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

The Phone Between You

Your phone is the most powerful relationship disruptor in history. Not because of what is on it, but because of what it replaces: eye contact, conversation, presence, and undivided attention. Every time you pick up your phone during a conversation with your partner, you send a message: this screen is more interesting than you.

Phone-Free Zones

Agree on times and places where phones are not allowed. Dinner table. Bedroom after 9pm. The first 30 minutes after getting home from work. Date night. These are non-negotiable.

Social Media Boundaries

What is off-limits to post? Your arguments? Photos of your kids? Vague relationship complaints? Agree on what stays private. If you would not say it to your partner's face, do not post it.

The Transparency Question

Should partners have access to each other's phones? There is no universal answer. But if asking to see your partner's phone causes a fight, that is information.

Notification Management

Turn off non-essential notifications during family time. Every buzz is an interruption. Every interruption says 'this might be more important than you.'

The Comparison Trap

Social media shows curated highlights of other relationships. Comparing your behind-the-scenes to someone else's highlight reel will destroy your contentment. Unfollow accounts that make you feel inadequate about your relationship.

Pornography

If pornography is present in your relationship, it needs to be addressed directly. It rewires expectations, creates secrecy, and damages intimacy. This is not a gray area. If you need help, seek it.

EXERCISE: The Screen Time Audit

For one week, honestly track your screen habits during time you should be present with your partner.

Average daily screen time (check your phone's settings): ____ hours

How many times did I check my phone during dinner this week?

Did I scroll social media while my partner was talking? Y / N

How many hours did I spend on screens vs with my partner this week?

What would my partner say about my phone habits?

One change I will make starting today: