

refocus on relationships

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refocus on
relationships
refocus on
connection
refocus
on limits
refocus on
communication

**"Devices are for
productivity and
multitasking.
Real relationships
use the opposite
skills."**

- Dr. David Rosemarin
(Harvard Medical School)

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the mindset

In 2008, clinical psychologist Ian Robbins isolated six volunteers for just 48 hours.

The result? Volunteers suffered panic attacks, extreme emotions, and significant mental deterioration. They also hallucinated: one seeing a heap of 5,000 empty oyster shells; another, tiny cars.

Being human is needing connection. לא טוב להיות האדם לבדו - it's not good for a person to be alone. We're wired to forge new bonds with others and deepen the relationships we already have.



Our friends help us grow and express ourselves. Our spouses enable us to support, give, and show unconditional love. And our children bring magic into our lives.

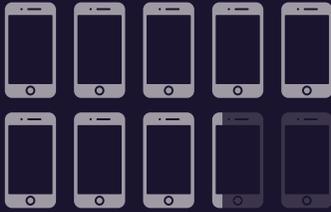
Let's not let our phones hurt the people we love, by telling them they're not important.

Let's not let cyberspace steal the deep, meaningful, LIVE relationships that make life special.

**Let's not let technology
shortchange us of one
of life's greatest gifts –
connection.**

the challenge

Are we maintaining double standards?



82%

believe that phone use at social gatherings **hurts conversations**

yet...



89%

of phone users said that **they had used their phone** during their most recent social gathering

Pew Research Center study

9 out of 10

Americans get offended when someone they're speaking with starts looking at their phone.

however...

3 out of 4 admit they've **done it themselves.**

And, nearly **1 in 5** say they **do this frequently.**

Asurion study



What are our children saying?



AVG study

1/3 kids

reported feeling
"unimportant" when
parents checked their
phones.

6 out of **10**

parents were
concerned about
their child's phone
use



and...

7 out of **10**

teens were
concerned about
their parents'
phone use



Common Sense Media study

the growth

When Eli had a lot of family visiting for Yom Tov, he wanted to create a chance for real connection. Tech-free connection. So he sat down, created a list of guidelines, then sent out a friendly text to all guests:

"We love having everyone here! Thanks again for coming and we're looking forward to an amazing Yom Tov! Recently, we've been trying to be extra careful how we use phones in the home... and wanted to share some of our Yom Tov goals. If you could help us keep them, we'd all appreciate it immensely.

In the Sukkah - let's keep it phone free. We'll make an exception for pictures though :).

Can a parent change family standards?



*With our kids - we're keeping them off of phones!
Please don't share your phones with them.*

In the house - please don't play videos out loud.

*Before FaceTiming - please check with the
people around you if they mind.*

*In the kitchen - not the best place for phone
conversations... please take them elsewhere.*

*That's it! We LOVE having everyone, and this is
nothing personal against anyone at all... just how
we want to deal with phones, especially around
our kids."*

**The result? An incredible Yom Tov,
where kids and adults alike re-
developed meaningful relationships,
and the family drew closer, uniting on
a deeper level.**

the habits



Hotspot.

Drop all devices into one central location once you get home, so family becomes everyone's first focus.



Don't post private.

Make family life (your kids and spouse) sacred by keeping pictures and special moments private.



Banish the buzz.

Turn off text and any other notification sounds during family time to avoid distracted conversations.



- **Up, not down.**
Make eye contact in every conversation.

- **Timeout.**
Make bedtime or supper time phone or device free. (Landlines qualify, too.)

- **Talk, don't type.**
Build relationships more effectively by sharing feelings, thoughts or experiences verbally. Use texts primarily for technical questions or plans like "Where should we meet?"

the standards

**Is tech creeping into my standards,
and making me act in a way I never
wanted to, or never thought I would?**

Do I want to...

- ① Have my phone with me while doing bedtime?
- ① Interrupt a live conversation to answer a call?
- ① Have an emotion-based conversation via messaging?
- ① Put a virtual friendship before a live one?
- ① Read emails or social media updates while talking to friends?
- ① Talk on the phone when my kids or spouse get home?

**Talk it over.
Think it through....**



What are my IDEAL limits when it comes to technology? What do I want my relationships and communications to look like?

What has become my current standard? Do others think my phone is more important to me than they are?

My ideal standard is...

My current standard is...

What's one standard I can change right now?

How can I upgrade the way I relate to others to be closer to my ideal? What habit can I adopt to uphold this standard?

The one standard I will change right now is...



the follow-up

Learn more about the topic of
technology and relationships.

Wed., Dec. 16, 8pm CST

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ואמר רבי חלבו אמר רב הונא: כל שיודע בחברו שהוא רגיל ליתן לו
שלום - ואם נתן לו ולא החזיר - נקרא גזלן

**"Whoever knows of their
friend that he always extends
a greeting first... if the friend
greeted him and he does not
respond, he is called a thief."**

- ברכות דף י עמוד ב

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the change

Take the first step towards the standards you wish you had.

You know what you want. Now make it happen. Write down how you will focus on relationships this week.

I will...



An initiative of  project focus