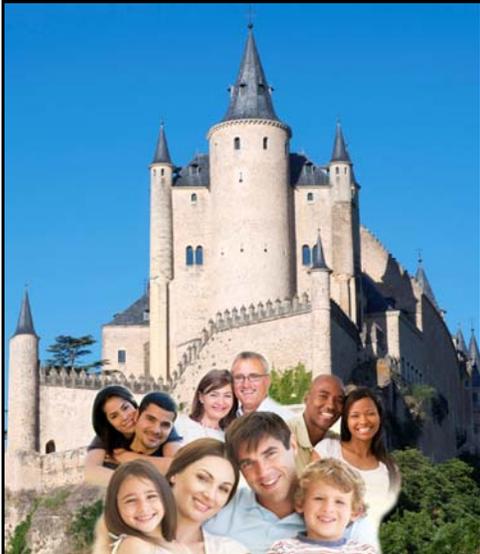


Technology:

Relationship Enhancement or Hindrance?



FORTIFIED MARRIAGES

Building Strong Marriages

*Fortified Marriages Ministry: A
Christian nonprofit ministry helping
the church and individual couples
build strong marriages.*

www.fortifiedmarriages.com

info@fortifiedmarriages.com

480-699-2515

Technology has made communication with the people in our lives easier in many ways, allowing us to connect more frequently and at greater distances. But research has found that this connection comes at a cost. While people are communicating and staying “in touch” *more* through the variety of technological advancements, they are communicating more superficially and less intimately. Face to face conversation is much of what makes us human and as we rely more on snippets of information and photos through Instagram, Facebook, and texting, there tends to be a loss of empathic connection - a loss of intimacy.

Researcher Sherry Turkle wrote, “We don’t have to give up our phones, but we have to use them more deliberately.” Her studies have found that, “without conversation, we are less empathic, less connected, less creative, and less fulfilled.” Technology can be a relationship enhancement, allowing us to remain connected with our spouse throughout the day. It also can be a hindrance when couples give up open, transparent conversation for superficial technology based connection. Many people believe that if they are always connected, they will be less lonely, but the research shows that without face to face conversation, people are actually more lonely. Intimacy requires time together, communicating, resolving issues, connecting on all levels - face to face.

Helpful Resources:

Fortified Marriages Resource page: www.fortifiedmarriages.com

*Reclaiming Conversation: The Power of Talk in a Digital Age
by Sherry Turkle*

*The Digital Invasion: How Technology Is Shaping You and Your Relationships
by Dr. Archibald D. Hart & Dr. Sylvia Hart Frejd*

The Fortified Marriages Workbook is a great way to strengthen your marriage. Order at our website and check out the many excellent resources available on our website

