

QUIZ: ELECTRONIC DISTRACTIONS

1. I worry that my partner spends too much time attending to e-mail or other online tasks.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
2. Often when I want to talk to my partner, he or she is busy texting or on the web.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
3. Because of digital distractions, I find it hard to feel like I come first to my partner.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
4. I feel that my partner wants to zone out far too much with TV or digital media.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
5. It hurts me when I come into a room and my partner hardly notices me because he or she is immersed in social media.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
6. I feel that because of electronic media my partner isn't really fully available to me.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
7. Digital media seem to burn up whatever time there is for the two of us.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
8. My partner is too distracted by all of the electronic options and social media to be able to be fully present with me.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
9. Attention to social media or other such distractions is a real issue between us.	Rarely (0)	At Times (1)	Usually (2)	Often (3)
10. Sometimes I would like to come first in my partner's attention rather than tech.	Rarely (0)	At Times (1)	Usually (2)	Often (3)

Scoring. Add up the points (indicated in each column).

0 to 10. Being too "plugged in" is not a serious issue for the two of you.

11 to 20. Your score suggests that your relationship might benefit from some extra problem solving in this area. Apply the negotiating advice in the preceding chapter (on solvable problems) to the activities that are causing the most conflict (such as setting limits for when and where to text, answer cell phones, respond to e-mails, play video games, etc.). Being up front and loving as you discuss your needs can keep these issues from overwhelming your relationship.

21 to 30. Your score suggests that excessive attention to social media and related distractions may be interfering with your relationship. See if you can agree on a specific daily time limit for engaging in these activities. Stick to this schedule for a week, say, and then reevaluate your feelings about the issue. Sometimes couples use diversions as a way to avoid communication and connection. If you need extra help in this area, begin by reading or rereading chapter 6, "Turn Toward Each Other Instead of Away." Be sure to work through the exercises in that chapter. If differences in this area remain unsolvable, follow the advice in chapter 11, "Overcome Gridlock."

My score: _____

Your score: _____