

# TECHNOLOGY IN ITS PLACE

## reflections for emotional & spiritual health



Adapted from: Spiritual Discipline's Handbook by Adele Ahlberg Calhoun (2005, p.87).

How has technology influenced your relationships (for better or worse)?

---

---

---

---

Has anyone every asked you to decrease your time with technology? What is their real concern for you?

---

---

---

---

What do you like about your increased technology use? What do you not like about your increased technology use?

---

---

---

---

What problems/temptations/distractions have you experienced with increased technology use?

---

---

---

---

Have you used technology to avoid face-to-face encounters recently?

---

---

---

---