

Present Together

A Phone & Relationship Check-In

Phones rarely damage relationships all at once. Phones more likely fill the small, quiet moments where connection used to happen. Use this worksheet on your own or side by side with someone you love. There's no blame here, just curiosity and exploration about how you want to show up for each other.

1 The Honest Look

Mark how often each one is true for you right now.

	RARELY	SOMETIMES	OFTEN
I check my phone while someone is talking to me.	☐	☐	☐
I reach for my phone in quiet moments together.	☐	☐	☐
We scroll side by side instead of talking.	☐	☐	☐
I feel ignored when they're on their phone.	☐	☐	☐
Our phones come to bed with us.	☐	☐	☐
I pick up my phone when a conversation gets hard.	☐	☐	☐
I've been asked to put my phone down.	☐	☐	☐

2 What I Miss

Finish each sentence honestly. Share it if you feel ready.

a I feel most connected to you when...

b A moment I wish I'd been more present for...

c When you put your phone down for me, I feel...

d Something I'd love for us to do more of...

3 Find Your Scroll Zones

Scroll Zones are the times and places phones quietly take over. Check the ones that feel familiar.

- | | |
|---|---|
| ☐ At the dinner table | ☐ In bed |
| ☐ On the couch at night | ☐ In the car |
| ☐ First thing in the morning | ☐ Right after work |
| ☐ While eating out | ☐ During a show or movie |

Our biggest Scroll Zone: _____

4 The Need Underneath

The phone was never really the underlying problem.

The phone was just the fastest answer available; a bad solution.

When I reach for my phone around you, I'm usually looking for...

- | | |
|--|---|
| ☐ A break from stress | ☐ Rest after a long day |
| ☐ Something to fill boredom | ☐ Connection with someone else |
| ☐ Reassurance (likes, messages) | ☐ A way out of a hard moment |

One way we could meet that need for each other instead:

Your attention is one of the most meaningful gifts you can give. Every time you choose the person in front of you over the screen, connection grows.

Make an Agreement

Simple, Cooperative, Reciprocal, and kind.

A Choose Your Relationship Anchors

Anchors are phone-free times that belong to you two. Pick one or two to start.

- | | |
|---|--|
| ☐ Meals together | ☐ First 10 minutes home |
| ☐ In the bedroom | ☐ Date nights |
| ☐ Car rides together | ☐ The first 30 minutes of the day |

Our Anchor(s): _____

B Give Phones a Home

Out of sight works better than face down. Where will phones live during your Anchors?

- | | |
|---|---|
| ☐ A basket by the door | ☐ Charging in the kitchen |
| ☐ In another room | ☐ Out of the bedroom overnight |

Our phones' home: _____

C Choose a Cooperative Ritual

A shared moment you both look forward to, with phones put away.

- | | |
|--|---|
| ☐ Go for a walk together | ☐ Talk for 20 minutes uninterrupted |
| ☐ Watch something funny or romantic | ☐ Cook a meal together |
| ☐ Play a card or board game | ☐ Share three good things before bed |

Our ritual: _____

D When One of Us Slips

Slips happen. What's important is how you intentionally circle back to each other.

Our reset signal (a word, a look, a gentle touch): _____

When it happens, we will: _____

E 7-Day Connection Challenge

Each day, swap one phone moment for one connection moment.



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7

Ideas: a 10-minute walk without phones, one real question at dinner, sharing the best part of your day, cooking together, or a phone-free wind-down before bed.

What we noticed this week: _____

Our goal(s) for the relationship going forward: _____

Signed: _____ **&** _____

Want more? Book a free 15-minute consultation with Ryan. Or get the workbook for only \$9!

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