

How I Learned to Disconnect to Connect

Family Living – Christine Gross-Loh, Ph.D.

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**Talking Points**

- ❖ Christine Gross-Loh relates her own personal experience of having limited Wi-Fi while living in Japan, and how having limited access to e-connections allowed her to open her world to more personal and human connections with her family and community.
- ❖ She offers some tips on how to break the habit of being too e-connected. “The science of habit change suggests that you best set yourself up for success by becoming aware of what triggers your habit and modifying your routine to help you avoid those triggers.” (55)
- ❖ Another tip is to use the changing schedule of summer to implement new habits in our own lives.
- ❖ Allow yourself to experience the rewards, not just miss the habit. Be present and conscious of the ways in which disconnecting from your phone, emails, etc. can open opportunities with your family and friends right in front of you.
- ❖ Create some Wi-Fi free zones in your house.

Resources

Here is the commercial Christine refers to from Thailand. It is really cute (and poignant).

<https://www.youtube.com/watch?v=AhTNx0AnSU>

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

“Habits: How They Form And How To Break Them,”

<http://www.npr.org/2012/03/05/147192599/habits-how-they-form-and-how-to-break-them>

Responses

Heather – We have a phone-free zone in our house, the dinner table. We started the rule when we had teenage boys at our table every night. At first, they tried to just have their phones in their lap, and somehow assumed that no one would notice when they had their hands in their lap, and were looking under the table during dinner! So we started a no-phones at the table rule (it extends to toys for the little kids too). I was actually shocked at how often we've had to implement the "rule" at dinner with friends and extended family too!