Does Technology Ruin Relationships?

Every morning when the sun peeks through my blinds... I wake up and hold my phone an (1)…… away from my face to check Twitter, Facebook, Instagram and Tumblr.
So how does our relationship with technology affect our relationship with other people?
Last year a study found that (2)…….Facebook use is damaging towards relationships, where higher use is correlated with a higher frequency of feelings of (3)…….. and Facebook-related conflict.
This is Emily from Blink Pop Shift.
And it means different things to different people. How you use your smartphone depends on your (4)…….. style in relationships. One study found that a greater use of social network apps was positively associated with intimacy and support for people with higher attachment anxiety.
So it's seems like there's a feedback loop. People with more attachment anxiety in relationships(5)……this by using their phone to seek more contact and intimacy from their partner...which leads to more of an attachment to their partner and maybe even to their phones itself.
And so often it's these(6)…… and technology that's seen as the victim. Mobile phone addiction ruining relationships,
The internet and social media and your smartphone and apps do change how we communicate, but they don't ruin relationships. They're …(7)……that enable your behaviours, whether you're bad or good. It's not technology, it's you.
We are not so much addicted to our devices as we are to each other and the ……(8)…….. ……..of those interactions. And we have invented ways around the previous boundaries of social accessibility: time and geography.
Jump over to Blink Pop Shift, where Emily takes a look back at the social tech of old and asks if things are really all that different.
Let us know what you think about technology and relationships in the comments.
And if you haven't already, subscribe to BrainCraft for a new episode every other week.

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