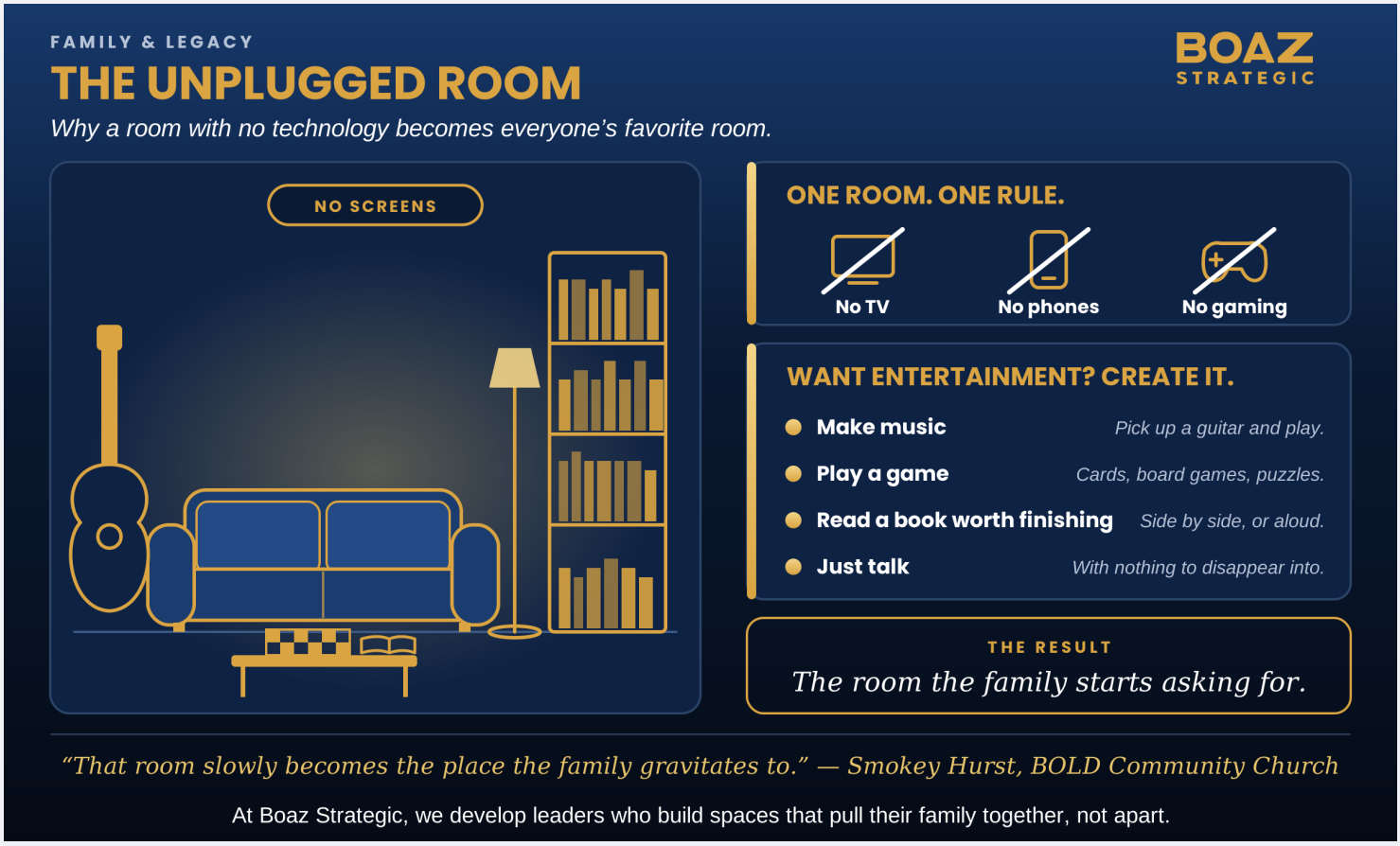


Is it just a room, or *their favorite place?*

> *That room slowly becomes the place the family gravitates to. — Smokey Hurst*

Smokey Hurst built a landscaping company from nothing before trading it for seminary and a pulpit. Among his best ideas for his own family was a simple one: a room in the house where no technology is allowed.

One room. One rule. No TV, no phones, no gaming system.

Want entertainment? Create it. Make music, play a game, read a book worth finishing, or simply talk. It sounds like a sacrifice. In practice, it becomes the room the family starts asking for.

There is nothing magic about the room itself. What changes is the absence of a screen to disappear into. Without one, people have to talk to whoever else is there.

The research gives the instinct some backing. In two experiments published in the Journal of Social and Personal Relationships, Andrew Przybylski and Netta Weinstein found that the mere presence of a mobile phone reduced closeness, connection, and conversation quality between two people, most clearly when the topic was personally meaningful.

Notice what that implies. The phone did not need to ring or be used. Its presence alone was enough to pull attention away. A room where phones are not in the picture removes that pull.

It does not take a renovation. One room, one rule, and whatever analog entertainment you already own is enough to start. Do it with intention, then watch where your family chooses to spend its evenings.

Build the room your family keeps asking for.

Sources: Przybylski & Weinstein (2013), J. Social & Personal Relationships 30(3)