

Worksheet: Digital Boundary Builder

This worksheet is designed to create clarity and mutual respect around digital communication preferences and boundaries in your relationship.

Each partner completes their own column first. Then, compare your answers together and agree on shared boundaries that feel respectful and sustainable.

Boundary Area	My Preference	Partner's Preference	Agreed Boundary
Frequency of texting when apart (<i>example</i>)	A few check-ins a day	Constant updates throughout the day	2–3 intentional check-ins, plus a goodnight text
Frequency of texting when apart			
Phone-free zones (e.g., meals, bedroom)			
Sharing passwords or location			
Responding to messages during arguments			
Posting about each other online			

Discussion:

- Where are your boundaries aligned? _____
- Where do you differ? _____
- What adjustments can you make so both people feel respected and understood?

Optional Therapist Prompt (*for clinical work*):

- Discuss and reflect on how digital boundaries reflect emotional needs like reassurance, autonomy, and trust. Revisit regularly as needs evolve.