

Exercise: Digital Trust and Transparency Audit

This exercise supports open, non-defensive reflection around how digital habits impact emotional safety, privacy, and trust in your relationship. It's not about control. It's about clarity, consistency, and connection. Reflect individually or with your partner on the questions below. Be honest, not accusatory. The goal is awareness, not blame.

1. **Do I feel emotionally safe in how we each use technology? Why or why not?**

Consider behaviors like secrecy, sudden screen switching, or guarded phone habits.

2. **Are there any digital behaviors (mine or my partner's) that create uncertainty, disconnection, or self-doubt?** (e.g., liking flirtatious posts, delayed replies, vague online activity)

3. **Have we had a clear conversation about digital boundaries?**

Reflect on where you each stand on things like:

- Texting or DM'ing exes
- Private social media accounts
- Following or engaging with explicit content
- Location sharing or password access

4. **What's one thing I could do to build more trust in our digital connection?**

This could be initiating a conversation, being more open, or asking what would help your partner feel more secure.

Reflection:

- What's one boundary we've never discussed that might be worth exploring now?

- How do we each define digital respect—and are we aligned?

- If trust has been shaken before, what signals rebuilding or repair to each of us?
