

## Worksheet: Digital Boundary Mapping

This worksheet can help you visualize, discuss, and define digital boundaries within your relationship. By categorizing different digital platforms and interactions, you can establish shared expectations that support trust, intimacy, and emotional security while maintaining individual autonomy.

The goal is to help you and your partner clearly define your comfort zones for digital engagement, set mutual boundaries, and ensure that technology enhances rather than hinders your relationship.

**1. Identify digital platforms and activities:** Circle or list digital platforms you use regularly and the types of interactions you engage in. This could include:

- Social media (Instagram, Facebook, TikTok, etc.)
  - Messaging apps (WhatsApp, iMessage, Snapchat, etc.)
  - Email (work or personal)
  - Online communities (Reddit, Discord, Patreon)
  - Gaming platforms (PlayStation, Steam, phone apps, etc.)
  - Video calls (FaceTime, Zoom, etc.)
  - Digital check-ins (location-sharing, Venmo, etc.)
  - Other platforms or digital behaviors unique to your relationship: \_\_\_\_\_
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**2. Categorize digital interactions by personal space:** Along with your partner, discuss and categorize these platforms into four levels of personal space, considering how they engage with each other and outside connections online.

Level of Personal Space	Your Platforms
<b>Public:</b> Open to everyone <i>(e.g., public social media, forums)</i>	
<b>Social:</b> Acquaintances or colleagues <i>(e.g., Facebook, LinkedIn, work emails)</i>	
<b>Personal:</b> Friends and family <i>(e.g., private Instagram, texts, group chats)</i>	
<b>Intimate:</b> Partner and closest Relationships <i>(e.g., private messages, couple-specific apps)</i>	

**3. Define relationship-specific boundaries:** Partners should collaborate to set boundaries, not impose rules. The goal is understanding each other's comfort zones and finding mutual agreements that feel fair and supportive. Consider the different levels from the previous table (public, social, personal, intimate) as well, as boundaries may change with different audiences.

- What level of privacy feels comfortable? Should passwords be private, shared, or selectively accessible?

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- Are couples' photos and relationship details okay to share? (e.g., publicly, selectively, or not at all)

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- What level of responsiveness feels appropriate in texting, social media, and work communication?

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- When do we prioritize undistracted time together? (e.g., no phones at dinner, bedroom limits, date nights)

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- How do we balance digital versus in-person connections?

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- How do we engage in online interactions with ex-partners, coworkers, or strangers?

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- How do you maintain digital intimacy?

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**4. Reflect on your answers:** Review their alignment and gaps.

- Do you have any mismatched expectations around digital communication?

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- Where do you feel most aligned?

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- Are there adjustments that would make you both feel more secure and valued?

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**5. Create a digital boundary map:** Use the space below (or a separate page) to sketch or summarize your agreed boundaries. This could be a written outline, visual map, or chart. This serves as a reference point for future conversations.

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**5. Revisit and adjust as needed:** Digital boundaries should be flexible and evolving. You and your partner should check in periodically (e.g., monthly or quarterly) to see if adjustments are needed. By engaging in intentional conversations about digital boundaries, couples reduce conflict, increase trust, and ensure that technology supports rather than undermines their relationship.

Next digital boundary check-in date: \_\_\_\_\_