

Chapter 9 Resources: Digital Infidelity and Trust Repair

Exercise: Reflective Boundary Mapping for Trust Restoration

This exercise encourages open-ended reflection to help you and your partner identify boundaries that feel supportive rather than restrictive. It emphasizes individual needs, evolving trust, and mutual understanding, allowing for flexibility in how boundaries are established and maintained over time.

1. Reflect individually:

Each partner should begin by taking time alone to reflect and write answers on a separate piece of paper. This step allows for honest introspection without immediate influence from their partner.

- What digital behaviors made you feel unsafe, disconnected, or betrayed in the past?
- What types of transparency would help you feel more secure—without making you feel like you are controlling or being controlled?
- What digital habits contribute to emotional closeness in the relationship?
- What aspects of privacy do you personally value, and where do you feel you need more space?

After both partners have reflected, take turns sharing what feels important. This is a listening exercise, not a problem-solving session. Focus on understanding each other's perspective without interrupting or debating.

2: Create shared commitments, not restrictions:

Once individual reflections have been shared, work together to complete the following “I” statements. While these are phrased in the first person, they should be filled out collaboratively with input and feedback from both partners. You can write them here or use a shared sheet.

*“To rebuild trust, I am willing to commit to _____
_____ because I recognize it makes you feel secure.”*

*“One way I can show consistency in my actions is by _____
_____.”*

*“A behavior I previously justified but now understand to be harmful is _____
_____.”*

These statements help move the conversation away from blame or control and toward a shared responsibility for healing.

3. Plan an evolving boundary check-in:

Boundaries should be flexible and revisited regularly. Schedule a check-in (e.g., monthly or quarterly) to assess and adjust as needed or establish a rhythm for ongoing conversations by answering these questions together:

- Does this boundary still feel necessary, or has trust evolved?
- Are there any new concerns that we haven't addressed yet?
- Do we both feel respected in how these boundaries are working?

This removes the idea of boundaries as static rules and instead makes them adaptable over time and responsive to your relationship's growth.