

Assessment: Digital Infidelity Awareness Quiz (Self + Couple)

This assessment helps you identify and clarify what you and your partner each define as betrayal, secrecy, or digital overstepping. What one person sees as harmless, the other may view as a breach of trust. Comparing answers can open the door to clearer boundaries and mutual understanding.

Answer the following questions individually. Then discuss your responses together.

Do you consider the following behaviors a breach of trust? (*Answer: Yes | No | Depends*)

Behavior	Partner 1	Partner 2
Liking multiple photos from an ex-partner's social media		
Sexting with a stranger online without meeting		
Keeping private messages hidden from your partner		
Having a "close friend" of the opposite sex you confide in daily		
Spending household money on digital subscriptions to adult content		
Creating a secret account for flirting or chatting		

Reflection:

- Which of your partner's answers surprised you? _____

- Where did your definitions differ the most? _____

- Are there behaviors where more clarity, agreement, or boundaries are needed?

- What would digital trust look like for each of you going forward? _____
