

## Worksheet: Digital Boundary Mapping

This worksheet is designed to help you uncover where unspoken assumptions may be shaping your digital behavior and where explicit agreements can prevent misunderstandings. Do this individually first, then compare answers and create a shared agreement together.

For each category below, fill in what you currently believe the boundary is. Then, guess what you think your partner believes. Finally, use this comparison to co-create a new, explicit boundary you both agree on. Review the examples below.

Digital Behavior	What I Think the Boundary Is	What I Think My Partner Believes	Our New Shared Boundary
Messaging exes	Occasional friendly check-ins are okay	Not okay at all, even for birthdays	No private messaging unless discussed
Sharing relationship struggles	Okay with best friend only	Prefers we talk to each other first	Agreed to bring up concerns privately

Fill in your answers here (*use a separate sheet of paper to create a new list if needed*):

Digital Behavior	What I Think the Boundary Is	What I Think My Partner Believes	Our New Shared Boundary
Messaging exes			
Sharing relationship struggles			
Following suggestive content			
Social media activity with coworkers			
Having secret or locked phone access			
Flirty emojis or comments on other people's posts			
Sharing selfies or personal photos with others			

**Reflection:**

- Which digital boundaries felt surprisingly unspoken or assumed until now?

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- Did you realize you had different/similar expectations, even without discussing them?

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- Were there any views that felt out of sync with your values, or your partner's?

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- For example, was there a boundary you didn't think mattered... until you heard how it made your partner feel?

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- What helped you reach agreement in some areas more easily than others? Consider emotional safety, past experiences, or cultural influences.

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- Are there boundaries you're still unsure about or would like to revisit later? What kind of conversation or reassurance might help?

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**Optional Therapist Prompt (for clinical use):**

If the couple encounters very differing points of view or disagreement:

- It seems like this boundary might mean something deeper to each of you, maybe about trust, independence, or past hurt. Instead of rushing to fix it, let's take a moment to look at what it represents emotionally.
- If you were to soften that boundary, or hold it more tightly, what would that bring up for you? Is there a fear, need, or past experience tied to it?