

Worksheet: Digital Transparency Plan

This worksheet helps couples establish short-term transparency practices to rebuild trust without falling into control or surveillance dynamics. The goal is mutual reassurance.

Each partner marks Agree or Disagree for each option. In the final column, decide together if you've both agreed (Yes) or want to Revisit Later.

Transparency Option	Partner 1	Partner 2	Agreed Upon?
Share passwords temporarily	Agree Disagree	Agree Disagree	Yes Revisit
Open phone policy (upon request)			
Digital check-ins as needed			
Weekly boundary review			
Agree to no secret or hidden accounts			
Allow device location sharing temporarily			

Note: *These are not permanent policies. They're trust-building tools designed to be temporary and mutually agreed upon, and not enforced.*

Reflection:

- Which option was easiest to agree on? Which felt harder and why? _____

- What would make you feel safer or more respected as you try one of these? _____

- Is there a specific situation or past experience that makes this topic more sensitive?

Optional Therapist Prompt (*for clinical use*):

- Focus less on whether you agree today and more on what each option represents emotionally. Is it about safety, control, fear, past pain, or reassurance?