

Privacy, transparency, boundaries

A. Privacy

| What do I consider off-limits to you? | Yes | No | Comments |
|---------------------------------------|-----|-----|----------|
| My purse/wallet | ___ | ___ | _____ |
| My computer/email | ___ | ___ | _____ |
| My paper files | ___ | ___ | _____ |
| The drawers in my dresser, desk, etc. | ___ | ___ | _____ |
| My voicemail messages | ___ | ___ | _____ |
| My snail mail (personal? business?) | ___ | ___ | _____ |
| The pockets in my clothes | ___ | ___ | _____ |

Talk together about this: Why do you need privacy in certain things and maybe not in others. Are there other things that you want to keep private? How do you feel about your partners particular needs for privacy?

B. Transparency

1. I think that in an ideal relationship, there would be nothing one partner could not tell the other.

True False

2. I think it's a good thing that there are certain things that remain unshared.

True False

3. Is withholding information or telling lies (including "little white lies") ever justified?

___ No, never. It's always best to tell the truth

___ Yes, when it has nothing to do with the relationship

___ Yes, when it saves hurting a partner's feelings

___ Yes, when saves unnecessary embarrassment for me or my partner

___ Yes, when there is nothing to be gained by telling the truth

___ Yes, when the timing is bad and I intend to make a disclosure later.

___ Yes, when: _____

Talk together about this: Are there differences in your attitudes, and how does this feel? Do you live up to your own ideal standards of openness?

C. Boundaries

Are there are times when your boundaries are encroached by your partner in a way that leads you to feel uncomfortable?

Yes No

If yes, then give examples such as:

- “When I am interrupted when I am speaking, when I am working, when I am resting, etc.”
- “When you come into my space when I am ...”
- “When you ask me about ...”
- “When you ask me for...”
- “When you talk about ...”

Examples: _____

When I think that you have violated my boundaries, I feel....

When I think that I have violated your boundaries, I feel....

Talk about this with your partner: What needs further discussion and clarification? What would you like to take away from this discussion?