

DIGITAL TRUST CHECKLIST

The 7-Question Framework

Communication

Do we communicate openly about our online friendships and interactions?

Snooping

Does either partner feel the need to snoop or check devices? If so — why?

Comfort

Have we talked about what feels comfortable and uncomfortable for both of us?

Assume

Do we assume trust first — or suspicion first?

Reassurance

Do we know the difference between wanting reassurance and wanting control?

Boundaries

Have we agreed on boundaries around texting exes, coworkers, or friends?

Check In

Do we check in with each other instead of checking up on each other?

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