

SHARED REALITY PREFERENCES

Defining What Transparency Means in This Relationship

Shared reality means there are no private realities, hidden compartments, or delayed disclosures that destabilize trust.

The betrayed partner defines what information supports safety and what information overwhelms or harms.

Preferences can change over time. This document may be revised as healing progresses.

DAILY SHARED REALITY PREFERENCES

Instructions:

The betrayed partner checks one option for each category.

For each item, choose:

- ☐ I want to know daily
- ☐ I want to know only if significant
- ☐ I do NOT want to know
- ☐ I am unsure / need discussion

A. Emotional & Internal States

1. Risk states (stress, resentment, entitlement, shame, isolation)
 - ☐ Daily
 - ☐ Significant only
 - ☐ Do not share
 - ☐ Unsure
2. Mood changes that affect connection
 - ☐ Daily
 - ☐ Significant only
 - ☐ Do not share
 - ☐ Unsure
3. Feelings of sexual frustration
 - ☐ Daily
 - ☐ Significant only

- ☐ Do not share
- ☐ Unsure
- 4. Resentment toward me
 - ☐ Daily
 - ☐ Significant only
 - ☐ Do not share
 - ☐ Unsure
- 5. Fantasy or mental rehearsal patterns
 - ☐ Daily
 - ☐ Significant only
 - ☐ Do not share
 - ☐ Unsure

B. Sexual Integrity & Temptation

- 6. Visual struggles (lingering looks, objectification)
 - ☐ Daily
 - ☐ If failure only
 - ☐ Do not share
 - ☐ Unsure
- 7. Sexual temptation (urges without action)
 - ☐ Daily
 - ☐ If intense only
 - ☐ Do not share
 - ☐ Unsure
- 8. Masturbation
 - ☐ Daily disclosure
 - ☐ Only if relapse
 - ☐ Do not share
 - ☐ Unsure
- 9. Pornography exposure (intentional or accidental)
 - ☐ Within 24 hours
 - ☐ Only intentional
 - ☐ Do not share
 - ☐ Unsure
- 10. Contact with former acting-out people
 - ☐ Immediate disclosure
 - ☐ Within 24 hours
 - ☐ Do not share
 - ☐ Unsure

C. Relational & Environmental Risk

11. Contact with high-risk coworkers

- ☐ Daily
- ☐ If unusual interaction
- ☐ Do not share
- ☐ Unsure

12. Travel / location changes

- ☐ Real-time updates
- ☐ End-of-day summary
- ☐ Do not share
- ☐ Unsure

13. Financial purchases over \$_____

- ☐ Immediate
- ☐ Weekly summary
- ☐ Do not share
- ☐ Unsure

14. Deleted messages or device issues

- ☐ Immediate
- ☐ If intentional
- ☐ Do not share
- ☐ Unsure

D. Recovery Work

15. Daily recovery activities completed

- ☐ Daily summary
- ☐ Weekly summary
- ☐ Do not share
- ☐ Unsure

16. Missed recovery commitments

- ☐ Immediate
- ☐ Weekly
- ☐ Do not share
- ☐ Unsure

17. External accountability conversations

- ☐ Daily summary
- ☐ Weekly summary
- ☐ Do not share
- ☐ Unsure

TIMING AGREEMENTS

For disclosures I want:

- ☐ Within 24 hours
- ☐ At daily check-in
- ☐ Immediately (no delay)
- ☐ Weekly summary
- ☐ Only if asked

Are there any situations where delay is acceptable?

FORMAT PREFERENCES

I prefer check-ins to be:

- ☐ Written
- ☐ Verbal
- ☐ Structured template
- ☐ Unstructured conversation
- ☐ Brief (under 5 minutes)
- ☐ Extended processing

After check-in, I prefer:

- ☐ No response except “thank you”
- ☐ Questions the next day
- ☐ Immediate discussion
- ☐ I decide case by case

STRUCTURAL SAFETY PREFERENCES

Check all that support my safety:

- ☐ Shared passwords
 - ☐ Open device policy
 - ☐ Location sharing
 - ☐ Financial transparency
 - ☐ Random device checks
 - ☐ Accountability partner
 - ☐ Regular therapy/coaching
 - ☐ Recovery group attendance
 - ☐ Internet filtering software
 - ☐ Travel disclosure agreements
 - ☐ Other: _____
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IMPACT PREFERENCES

When something is disclosed, I prefer:

- ☐ Clean facts only
- ☐ Fact + one impact statement
- ☐ Fact + extended empathy
- ☐ Fact + ownership language
- ☐ Fact + apology
- ☐ Fact only (impact later)

What feels invalidating to me:

What feels stabilizing to me:

REPAIR EXPECTATIONS

When trust is ruptured, I expect:

- ☐ Immediate acknowledgment
- ☐ No defensiveness
- ☐ No explanation
- ☐ Timeout if overwhelmed
- ☐ Follow-up conversation
- ☐ Written reflection
- ☐ Increased structure temporarily