

CATEGORY 4

Social Media & Public Life

Couples Discussion Guide

INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

1. How much of your family life or interests will you display publicly?

Him:

Her:

2. What boundaries should we establish around social media use?

Him:

Her:

3. How should we present our relationship online?

Him:

Her:

4. What information about our marriage should remain private?

Him:

Her:

5. How do you feel about posting photos of each other?

Him:

Her:

6. Should we have joint social media accounts or keep them separate?

Him:

Her:

7. How should we handle disagreements or conflicts publicly?

Him:

Her:

8. What role should social media play in our relationship?

Him:

Her:

9. How much time is appropriate to spend on social media daily?

Him:

Her:

10. Should we share passwords or have access to each other's accounts?

Him:

Her:

11. How should we handle interactions with ex-partners online?

Him:

Her:

12. What guidelines should we have for our children's social media use?

Him:

Her:

AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

One expectation I now understand about my partner that I didn't before:

One thing I am committing to do differently based on this conversation:

ALIGNMENT RATING

Circle one for each:

How aligned are we in our social media boundaries?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

How satisfied am I with how we handle public life?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

OUR AGREEMENT

Write one shared commitment based on what you discovered in this category:

"In the area of Social Media and Public Life, we agree to:

"

Signed: _____ **&** _____

Date: _____