

Here are **clear, concrete boundaries** that are commonly expected when a partner has a history of infidelity or sexually suggestive communication with someone outside the relationship. These are evidence-based from reconciliation work, betrayal trauma recovery, and couple therapy frameworks (Gottman, EFT, APSATS).

These are *not* punishments—they're **conditions required to rebuild safety** for the betrayed spouse.

1. Absolute Transparency With Devices and Communication

The spouse who cheated is expected to:

- Provide full access to phone, messages, apps, email
- Share passwords
- Remove secret apps, vault apps, “hidden” messaging features
- Keep devices open and available when requested
- Disclose all social media accounts (no private or hidden accounts)
- Turn off disappearing messages / vanish mode

 *Why:* Infidelity thrives in secrecy. Rebuilding trust requires full transparency until trust is repaired.

2. Accountability for Daily Whereabouts and Routines

The spouse should:

- Communicate where they are and who they are with
- Send simple check-ins during the day
- Notify about schedule changes
- Avoid “gray zone” time (unstructured solo time without transparency)

💬 *Why:* Betrayal creates hypervigilance. Predictability restores stability.

👤 3. Immediate No-Contact With the Affair Partner

If the person is still in their life in any form, boundaries include:

- No contact of any kind
- Block them everywhere
- Delete their number
- No social media following
- Agree not to work with or see them socially

If unavoidable (workplace, shared circles), the expectation is:

- Written transparency plan
- No one-on-one communication
- Public or documented interactions only
- Agreed accountability partner

⚠️ 4. Proactively Avoid High-Risk Situations

Examples:

- No private texting with opposite-sex friends (or same-sex attraction partners)
- No emotional venting to others outside the marriage
- No late-night messaging
- No one-on-one meals or travel with someone who could become a threat
- No porn or sexualized online behavior (if part of the betrayal pattern)

💬 *Why:* Protecting the relationship becomes the shared priority.

❤️ 5. Emotional Transparency

The unfaithful partner should:

- Share emotional states
- Verbalize triggers or temptations
- Tell the spouse when they feel stressed or distant
- Communicate instead of shutting down

💬 *Why:* Emotional secrecy is often a gateway to infidelity.

📖 6. Full Disclosure (Structured, Not Dumped)

This means:

- Answering questions honestly
- No gaslighting, minimizing, or “forgetting” important details
- Willingness to participate in a therapist-guided disclosure if needed

💬 *Why:* Healing cannot occur in partial truth.

🧪 7. Engaging in Individual Therapy (Non-Negotiable)

Especially for:

- Impulse control
- Attachment wounds
- Compulsive sexual behavior
- Emotional avoidance
- Self-esteem issues
- Trauma history

💬 *Why:* Infidelity is usually a symptom of deeper internal work that must be addressed.

🕒 8. Participating in Couples Therapy

Expectations:

- Weekly sessions at first
- Willingness to hear the hurt without becoming defensive
- Doing homework or repair tasks
- Learning new communication patterns

💎 9. Radical Honesty as a Lifestyle

The cheating partner practices:

- Immediate confession of missteps
- No hidden conversations or “half truths”
- Transparency even when uncomfortable

💬 *Why:* Radical honesty rebuilds internal integrity and external trust.

🔄 10. Rebuilding Trust Through Consistency

Examples:

- Keeping promises
- Following routines
- Showing up emotionally
- Being where they say they’ll be
- Predictable behavior over time

Trust is rebuilt by **repetition + consistency**, not words.

🚫 11. Zero Defensiveness

The hurting spouse gets to:

- Ask questions
- Need reassurance
- Need time
- Have triggers and tears

The partner who caused the harm is expected to respond with:

- Accountability
- Empathy
- Patience
- Validation

12. Repair Behaviors

Healing requires specific actions such as:

- Apologizing meaningfully
- Checking in emotionally
- Offering reassurance
- Initiating conversations about safety and trust
- Rebuilding intimacy slowly



Earthly Expression

Below is a **safe, non-legal, therapeutic-style relationship contract** for couples recovering from **ongoing or sporadic infidelity with multiple partners**.

This is **NOT a legal document** and should not be treated as one — it is a therapeutic agreement used in couples work to establish safety, expectations, accountability, and transparency after betrayal trauma.

RELATIONSHIP REPAIR & ACCOUNTABILITY AGREEMENT

(Non-Legal Therapeutic Contract for Couples Recovering From Infidelity)

This agreement is voluntary and intended to support healing, transparency, and safety.

1. Purpose of This Agreement

This agreement is created between the partners listed below for the purpose of:

- Rebuilding emotional and relational safety
- Establishing clear expectations
- Preventing future infidelity
- Supporting accountability and transparency
- Creating structure during the repair and rebuilding process

Both partners understand that this is **not** a legal contract and does not replace professional therapy.

2. Identification of Partners

Partner A: _____

Partner B: _____

Date: _____

SECTION I — TRANSPARENCY & COMMUNICATION

3. Commitment to Full Transparency

The partner who engaged in infidelity (hereafter “the participating partner”) agrees to:

- Disclose all active social media accounts, email accounts, and communication platforms
- Provide full access to phones, devices, passwords, and communication logs as requested
- Avoid deleting messages, clearing history, or hiding communication
- Engage in open and honest conversations when asked about concerns

Partner initials:

A: _____ B: _____

4. Communication About Daily Activities

The participating partner agrees to:

- Communicate whereabouts, schedule changes, and unexpected delays
- Provide reasonable check-ins during the day to promote emotional safety
- Inform the other partner of triggering environments, emotional shifts, or vulnerability points

Partner initials:

A: _____ B: _____

SECTION II — NO-CONTACT EXPECTATIONS

5. Permanent No-Contact With All Previous Affair Partners

The participating partner agrees to:

- End all romantic, sexual, or suggestive communication
- Block all individuals associated with past infidelity
- Avoid meeting with, messaging, calling, or socializing with these individuals in any form
- Immediately report any unavoidable contact (work, public, accidental) within 24 hours

Partner initials:

A: _____ B: _____

6. Avoidance of High-Risk Situations

Both partners agree to follow the rules below:

- No one-on-one private texting with individuals who may present a threat
- No emotionally intimate conversations with others outside the relationship
- No private social outings with potential risk partners
- No flirtatious messaging, behavior, or suggestive communication

Partner initials:

A: _____ B: _____

SECTION III — EMOTIONAL REPAIR & HEALING

7. Accountability & Ownership

The participating partner agrees to:

- Take responsibility without minimizing, excusing, or shifting blame
- Validate and acknowledge the hurt caused
- Avoid defensiveness when the betrayed partner expresses pain

Partner initials:

A: _____ B: _____

8. Support for the Betrayed Partner

The participating partner agrees to:

- Respond with patience to triggers
- Offer reassurance as needed
- Understand that healing is non-linear
- Answer questions truthfully without hostility

Partner initials:

A: _____ B: _____

9. Emotional Transparency

Both partners agree to:

- Share internal emotions honestly
- Express discomfort, stress, temptation, or conflict openly
- Avoid secrecy or withdrawal as coping mechanisms

Partner initials:

A: _____ B: _____

SECTION IV — BEHAVIORAL BOUNDARIES & EXPECTATIONS

10. Social Media Boundaries

The participating partner agrees to:

- Maintain open, visible profiles
- Avoid hidden accounts or disappearing message modes
- Avoid friending individuals who pose relational risks
- Be accountable for online behavior

Partner initials:

A: _____ B: _____

11. Pornography & Sexual Behavior Guidelines

If relevant to the infidelity pattern, the participating partner agrees to boundaries regarding:

- Pornography use
- Sexualized chats
- Erotic content or online behavior

Specific limitations (optional):

Partner initials:

A: _____ B: _____

SECTION V — REBUILDING TRUST

12. Couples Therapy Commitment

Both partners agree to participate in:

- Couples therapy on a agreed-upon schedule
- Individual therapy as needed
- Homework, communication exercises, or transparency practices

Partner initials:

A: _____ B: _____

13. Check-In Rituals

Partners agree to a weekly or daily emotional check-in that includes:

- What each partner needs
- Wins and challenges of the week
- Any unresolved hurt or triggers
- Progress toward rebuilding trust

Partner initials:

A: _____ B: _____

SECTION VI — SAFETY, RESPECT, AND ACCOUNTABILITY

14. Respectful Communication

Partners agree to:

- Avoid name-calling, yelling, or escalating strategies
- Use time-outs when needed
- Revisit conversations at calmer moments

Partner initials:

A: _____ B: _____

15. Agreement Review

This agreement will be reviewed:

- Weekly for the first month
- Biweekly for the second month
- Monthly thereafter

Partner initials:

A: _____ B: _____

SECTION VII — FINAL STATEMENTS

16. Commitment Statement

Partner A:

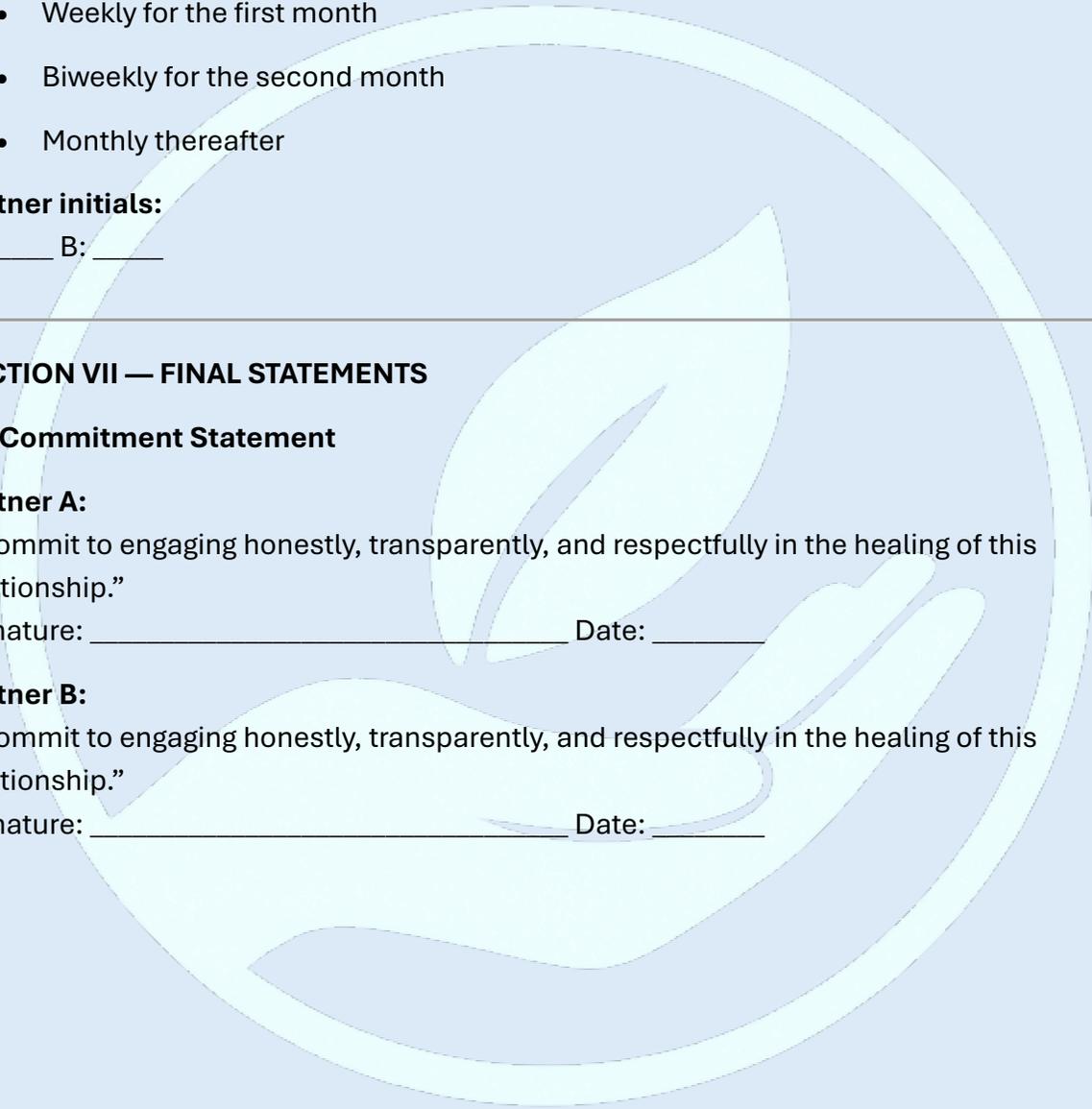
“I commit to engaging honestly, transparently, and respectfully in the healing of this relationship.”

Signature: _____ Date: _____

Partner B:

“I commit to engaging honestly, transparently, and respectfully in the healing of this relationship.”

Signature: _____ Date: _____



Earthly Expression