Transparency with Consent - Concept brief

Understand the idea behind transparency with consent and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee and Quinn consider how to discuss future contact without exchanging every password.

The idea

Transparency should be negotiated rather than imposed through coercive monitoring.

An ordinary example

Lee and Quinn consider how to discuss future contact without exchanging every password.

What this can look like

Compare information-sharing options, privacy needs, limits, and the right to seek independent guidance.

Check the fit

What would informed consent look like for this arrangement? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Understanding relationship context does not transfer responsibility for deception to the hurt partner or require a particular relationship outcome.

Reflection

What would informed consent look like for this arrangement?

Scope and adaptation

Joint work requires private assessment of coercion, violence, fear, and retaliation. Do not require graphic disclosure, passwords, surveillance, reconciliation, forgiveness, or sexual contact. Accountability for deception is not assigned to the hurt partner. Support individual agency and appropriate medical, legal, or safety consultation without using this worksheet as professional advice.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Integrative Model of Affair Recovery. Full source links and scope: library.morethantherapy.org/recovery/resources/INF-A09-1