

Understanding Secrecy

Here is an exercise to help you understand secrecy in your relationship and how to prevent personal and relationship injury.

1. List some items you feel fall into the category of secrecy as discussed in the [Secrecy vs Privacy In Marriage Article](#).

2. List some items you feel fall into the category of privacy as discussed in the [Secrecy vs Privacy In Marriage Article](#).

3. List some items you feel fall in the grey area as discussed in the [Secrecy vs Privacy In Marriage Article](#).

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4. If you were to discover your partner behaving with secrecy, how would you feel?

5. If your partner were to discover you behaved with secrecy, how do you think he or she would feel?

When completed, exchange lists.

Take turns reading what your partner wrote and then discuss with each other your thoughts, feelings, and concerns. Be sensitive about how your partner feels so you will know how to avoid hurting him or her.