

The Transparency Blueprint

Building the Architecture of a New Foundation

PURPOSE

Trust cannot be rebuilt on the old foundation. This tool gives both partners a practical, explicit, mutually agreed-upon transparency system — so that openness becomes a shared value rather than a recurring negotiation.

INSTRUCTIONS

Complete Part 1 privately. Complete Parts 2 through 4 together — ideally in a counseling session. Every agreement must be genuine. Compliance under pressure is not the same as genuine agreement.

PART 1 — MY HONEST STARTING POINT (Complete Privately)

Betrayed Spouse — Complete this section:

What I most need to know right now that I have not been told:

The transparency measure that would give me the most immediate relief:

Unfaithful Spouse — Complete this section:

Something I have not fully disclosed that needs to come into the light:

The transparency measure I have been most resistant to — and why:

PART 2 — OUR TRANSPARENCY AGREEMENTS (Complete Together)

Agree on the specific transparency measures that will be in place. Be explicit — vague agreements produce vague compliance.

Phone and device access

■ Full and unrestricted access at any time

Social media and email

■ Shared passwords — reviewed openly as needed

Location sharing

■ Real-time location shared continuously

Work schedule

■ Full calendar shared — changes communicated proactively

Contact notifications

■ Any unexpected contact disclosed immediately and voluntarily

Any additional transparency agreement specific to our situation:

How we will handle it if a transparency agreement is violated:

PART 3 — THE HONESTY STANDARD

Agree on the standard of honesty that will govern every conversation going forward.

- We agree that omissions are the same as lies — what is not said matters as much as what is
- We agree that the unfaithful spouse will disclose proactively — not only when asked
- We agree that partial answers are not acceptable — complete truth is the standard
- We agree that the betrayed spouse can ask any question and deserves a full answer
- We agree that if the unfaithful spouse is uncomfortable with a question, they will say so honestly — not deflect
- We agree that secrets kept to protect the other person are still secrets — and are not acceptable

The honesty standard we have struggled with most — and how we will address it:

One additional honesty commitment we are making specific to our situation:

PART 4 — THE TRANSPARENCY COMMITMENT (Sign Together)

Before signing, confirm both of you can honestly affirm the following:

- All transparency agreements have been agreed to — not complied with under pressure
- There is no remaining undisclosed information that would change what is being signed
- Both partners understand that these agreements will evolve as trust is rebuilt
- Both partners commit to renegotiating these agreements only with a counselor present
- Both partners understand that breaking these agreements restarts the trust-rebuilding process

"We are not building on what was. We are building something entirely new — on a foundation of complete honesty, explicit agreement, and the shared conviction that what is built in the light is stronger than anything that was built in the dark."

Partner A: _____

Date: _____

Partner B: _____

Date: _____