



## Fact Sheet

### Should There Be Privacy in Relationships?



#### GUESTS:

**Sabina Read** – Sabina is a registered psychologist with a Masters degree in Psychology. She has a broad experience base in areas such as counselling, facilitating and consulting with individuals, couples, families, groups and organisations. Sabine appears regularly on 3AW in the afternoons as a social commentator. Her expertise and comments have appeared in print media including The Women’s Weekly and Cleo. She is keen to pursue media roles to further develop her passion for creating discussion around the human experience. She is also a communications specialist.

**Nick Valentine** – Nick is the branch manager for LifeWorks’ Wyndham and Geelong branches. He is also a Family Violence Coordinator for Lifeworks. Nick has extensive experience within clinical work forensically, is highly skilled at building rapport with clients, and is an experienced practitioner thanks to many years employment in custodial and community settings. Nick has a degree in Behavioural Science and Psychology. His professional care has included work with the Department of Human Services, Anglicare Victoria, and Corrections Victoria. He is a well regarded clinician and is renowned for the positive therapeutic outcomes he helps clients to achieve.



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### INTERESTING FACTS:

- Privacy and secrecy need to be clearly outlined. Privacy can be okay, but being secretive (or deceptive) is unhealthy for a relationship.
- About 50% of couples share passwords and 15% of them admit to fighting based on what has been found.
- Some studies suggest that around 37% of partners have checked their spouse's social media and email messages without consent.
- Secrets that couples keep include: secret bank accounts, infidelity and when there are financial problems.
- What secrets should be spilled is anything from the past that has reverberations in the present (lingering debts, a chronic medical condition, past sexual or emotional abuse), and anything in the present that could affect the future (a health scare, a potential downsizing at work).

### USEFUL ADDITIONAL READING:

- <http://relationshipblog.hubpages.com/hub/Difference-Between-Privacy-Secrecy-Relationship>
- <http://marriage.about.com/od/trustissues/a/secrets.htm>
- <http://www.singleblackmale.org/2013/09/13/three-ways-to-strengthen-your-relationship-through-privacy/>

### USEFUL WEBLINKS

- [www.lifeworks.com.au](http://www.lifeworks.com.au)

### REFERENCE:

<http://www.ellecanada.com/relationships/relationships-and-privacy-how-much-sharing-is-too-much/a/50864>