

Explore Together (talk & check what applies)

Definitions & language

☐ We agree on what "using AI for emotional/sexual connection" means for us.

Our working definition:

Emotional connection

- ☐ If one of us chats with AI for comfort/companionship, how do we feel?
- □ Would it bother me if my partner told the bot things they don't tell me?

Sexual content

- ☐ Feelings about sexualized chats/role-plays/explicit imagery with a bot.
- ☐ If the bot involves interests I didn't know about, how do we handle it?
- ☐ If the bot involves interests I know about but don't share, what then?

- □ I named my feelings (e.g., curious, excited, uneasy, skeptical).
- ☐ I'm clear on my intention (connect, understand, protect the relationship).
- □ I can talk about my own biases without
- □ We chose a good time/place (no rush, low stress, privacy).
- □ Phones on Do Not Disturb; we can pause if needed.

Frequency & context

- ☐ How often could feel okay? _____ times/day or week; max _____ minutes.
- □ Contexts allowed (e.g., travel, insomnia, stress cool-down):
- □ Contexts not allowed (e.g., in bed, during conflict):

Topics off-limits

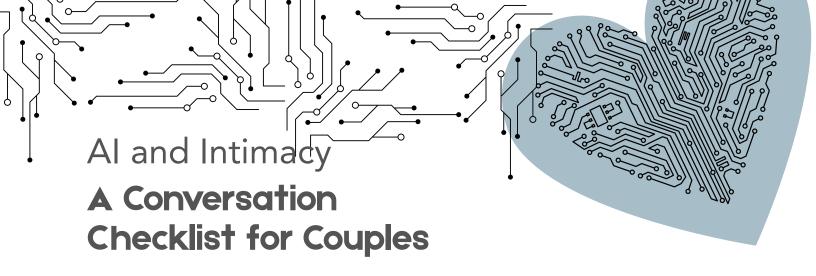
□ Trauma details □ Real-life friends/family □ Work specifics □ Other: _____

Role-plays

- ☐ Scenarios we're okay with:
- □ Scenarios that are not okay:







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- □ Could AI use help our connection (practice, reduce anxiety, creativity)?
- □ Where might it become avoidance of intimacy/repair?

Privacy & risk

- □ We assume chats/images may be stored; we'll avoid identifying details.
- ☐ If a leak happened, how would it impact our relationship/family/careers?

Plan if something leaks:

Values & environment

☐ We care about environmental/ethical concerns and will factor them in.

Boundaries & Agreements (co-create; be specific)

What "cheating" means for us (circle what matters):

Intent • Secrecy • Sexual energy • Time spent • Impact on relationship • Other:

Limits

□ Time caps: up to	/day,	/week.	
□ Contexts: OK in			
□ Not OK in			
□ Content boundaries	(allowed / no	ot allowed):	

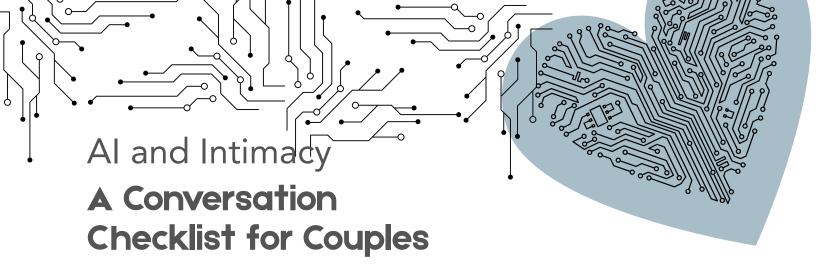
Transparency

- □ Tell each other in real time □ within 24 hours □ only if it crosses a line
- \square Keep a simple usage log we can review together (\mathring{Y}/N)

Trial & review

- □ 30-day trial; check-in date: //____ (put it on the calendar).
- □ We agree on what we'll look for: connection, mood, conflict, avoidance.

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Red Flags (pause & re-evaluate if these show up)

- □ Secrecy or hiding usage
- ☐ Escalating hours/time
- ☐ Creeping resentment or more conflict about sex
- □ Reduced interest in partner or real-life intimacy
- □ Blurred lines between fantasy and reality
- ☐ Using AI to avoid difficult conversations or repair

If a red flag appears, we will:

Notes:

Next Steps (small, clear actions)

$\hfill\Box$ We each share one curiosity and or	ne worry (no fixing, just listening)	
My curiosity:	My worry:	
My partner's curiosity:		
My partner's worry:		
□ We set 1 action that supports conn check-in).	ection this week (e.g., a no-goal cue	ddle, a walk-and-talk, 10-minute
Action:		

□ We saved this checklist and the check-in date in our calendars.

Need more support? Reach out for a free 15 minute phone consultation.

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