

Let's hope this works!

1. Noun
2. Noun
3. Adjective
4. Noun
5. Adjective
6. Adjective

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It's a topic I've tried long and hard to avoid, but like a painful tooth or inevitable break-up, it eventually has to be dealt with: Facebook.

It's not that I don't like _____ Noun _____ or use it on a regular basis, but when it comes to writing about the website _____, complaints about it get redundant. This is especially true in terms of couples on Facebook.

We all know the people who annoyingly profess their love through cutesy statuses trails of "?" following every Top 40 song lyric. Yadda, yadda, yadda, whatever.

My issue is the privacy factor. It's been said _____ Noun _____ is one of the leading causes of break-ups and I'm positive this point can't be disputed. People talk, people cheat, people get _____ Adjective _____. A simple "like" on the wrong person's status, regardless of the status' content, can fuel someone's insecurity and drive them into a mindless fit of panic or rage.

I treat Facebook like I treat my _____ Noun _____. I do what I want on it to benefit myself, not anyone else. If you're friends with your ex on Facebook, that's your decision to make, not your current partner's.

I wouldn't like it if someone just took my phone and started scrolling through my pictures or messages. I'm sure
a

lot of people feel the same way. Plain and simple, it's a _____ *Adjective* _____ of privacy. Along those lines, some couples _____ *Adjective* _____ to realize just because you're dating someone doesn't mean you're entitled to their phone or Facebook account.

But of course, if you were to deny your partner access to either of these, suspicions are bound to arise. They start wondering what you have to hide and insecurity eats at them until they either confront you or go behind your back to spy. I typically go by the "ask and you shall receive" rule of thumb. If I'm with a guy and he wants to know who I'm talking to or something similarly related, I'll answer honestly. But to go through my phone or Facebook messages just because is crossing the line. Phones and Facebook accounts fall under the "yours, mine and ours" idea, not the "what's mine is yours" policy.

Of course, this system is entirely dependent on the type of relationship you have with your partner. If you've been together for a couple of years versus a couple of months, you're likely to have more faith and trust in your relationship. Key word there is likely some people are naturally jealous and don't necessarily grow out of it.

Whether you're dating, engaged or married can also affect the trust level.

If you've cheated or been cheated on before, obviously you may be hesitant to trust your partner. If you're the cheater, you shouldn't be surprised when your partner wants to know who you're talking to and why. You pretty much asked for it. That being said, even though you cheated doesn't mean your partner has the right to monitor

your every action on Facebook or text conversation. If you want to get back in his or her good graces and regain that trust, you may want to consider an open door policy. It also allows an element of control into your relationship. Yes, you may win back his or her trust, but when your partner needs to see your phone for validation every time, the trust didn't really come back.

If you've been cheated on, realize not everyone is unfaithful in relationships. You can't fault every subsequent relationship for one person's mistakes. Asking your new boyfriend to unfriend all his exes, or demanding to know every person your new girlfriend talks to isn't going to help you. They don't deserve to pay for your ex's mistakes. Obviously you don't want to be naive, but you also don't want to damage something good for no reason.

If you're going to cheat, realize Facebook isn't the way to go. Mutual friends or the hawk-eyes of your already-suspicious partner aren't going to help your case or keep your affair hidden. This should be common sense, but somehow people still pursue outside relationships. Watching someone cheat through Facebook is like witnessing "World's Dumbest Criminals." Odds are, you're not going to get away with it.

Yes, Facebook is relatively public. That mini news feed in the upper right-hand corner can show us statuses or photos of people we've never met, merely because one of our "friends" commented on it.

Keep in mind I'm talking about couples here. If you're hooking up with someone from time to time, and that's as far

as your commitment is expelled, you have no grounds for accessing your occasional bed mate's Facebook or phone. You aren't committing to each other for one reason or another, so you can't be mad about your booty call talking to or sleeping with other people.

If you go through your partner's phone or Facebook because you need to find something a number, a bit of information, what have you that's one thing. If you snoop with the intention of finding them in the wrong, you're already proving you don't trust him or her. Sharing is caring in a relationship, but there's a fine line between being curious and being paranoid. At the end of the day, yes you're a couple, but you're also two separate entities .

It's easy to say that if you're in a relationship you should have nothing to hide. This is true, but you're still entitled to some level of privacy. As your relationship deepens and strengthens, obviously boundaries will be lowered and trust will build. But if you're insecure and suspicious and insist on digging through you're partner's Facebook or phone, odds are you're eventually going to find it. Facebook is chock-full of jealousy-provoking information, and it can easily be misinterpreted.