

To Talk or not to Talk? Discussing Relationship Boundaries in Newlywed Marriage
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Discussing relationship boundaries (i.e., the extent to which emotional and sexual involvements outside of the relationship are acceptable) is related to sexual and relational benefits, at least in male same-sex partnerships (Hoff & Beougher, 2010; **Mitchell et al., 2012**). The relationship literature is replete with evidence of the benefits of open communication between partners (e.g., Montesi et al., 2010; Timm & Keiley, 2011), and sexual self-disclosure is positive for couples (**Laurenceau et al., 2005; MacNeil & Byers, 2005**); however, little is known about the role of relationship boundary discussions in the context of mixed-sex relationships. Mixed-sex newlywed couples (N = 149) recruited from the community completed measures of marital satisfaction (QMI; Norton, 1983), relationship boundary discussion (e.g., "Since you and your spouse began your relationship, have you two ever discussed whether romantic and/or sexual involvements with other people were acceptable?"), and acceptability of extra-dyadic involvement (EDI; e.g., "**How acceptable is it for your partner to have a sexual involvement with another person?**"). Regression analysis indicated that discussing relationship boundaries predicted increases in wives' relationship satisfaction over one year when husbands rated extra-dyadic involvements as relatively acceptable. However, discussing relationship boundaries predicted declines in husbands' and wives' relationship satisfaction when husbands rated extra-dyadic involvements as relatively unacceptable. Results suggest that interpersonal contexts can change the role of boundary discussions in romantic relationships. When partners are strongly adherent to monogamy norms and are less accepting of EDI, discussing boundaries might be inherently uncomfortable, might instill a sense of insecurity or jealousy, and could be detrimental to partner's satisfaction with the relationship over time compared to when partners less strongly adhere to monogamy norms. This suggests that relationship boundary discussions may benefit some relationships but should be approached with caution because of their inherently sensitive nature and potential for disrupting positive evaluations of the relationship.

