

UNAUTHORIZED ACCESS

WHETHER YOU GLANCE AT HIS TEXTS OR HACK INTO HIS FACEBOOK, CYBERSNOOPING CAN SAY A LOT ABOUT YOUR RELATIONSHIP. BY CELIA SHATZMAN



■ **DO YOU EVER SCROLL** through your man's text messages or scan his Facebook account? Well, you're not alone. One in five women admits to secretly looking through her partner's phone and e-mail, according to a recent study. And while modern technology has made the temptation to spy on your guy easier—whether you have a gut feeling he's hiding something or are simply curious about what he says when you're not around—playing I Spy can destroy the trust in a relationship, explains Mexican dating expert Renessa Rios, CEO and founder of *matchdatelove.com*. Here, she dishes on whether it's ever okay to cybersnoop.

their actions," Rios says. "If you've had to snoop multiple times in past relationships, that's a pattern that means you're not communicating." Pay closer attention to his behavior. Has he been acting distant? Canceling date nights? Showing less affection? Those are red flags.

SPEAK NOW

"If you have an intuition that something is happening, it's important to have an honest conversation instead of looking at his cell phone while he's sleeping," Rios says. Approach it like a conversation—not an attack. Ask open questions and give him an opportunity to explain

REASONABLE DOUBT

If you have the urge to do some undercover work, then your relationship probably isn't in the best place. "You shouldn't feel the need to snoop," Rios says. "It's one thing to be protective and it's another to be paranoid." Ask yourself where these feelings are coming from. Maybe you were cheated on in the past. Or sometimes women think a guy is too good to be true, so they subconsciously sabotage the relationship.

WATCH AND LEARN

Don't spy just yet if you decide that your guy warrants a closer look. "Men speak with

himself. "If he says everything is fine and you're overreacting, then look at [yourself] and decide if that's true," Rios says. Men often aren't as good at communicating as women, so if he makes an effort to change over the next few weeks, there isn't a need to go snooping.

SECRET AGENT

After a few weeks, if his behavior hasn't changed, it may be hard to resist taking a peek at his e-mail or phone. "If you find out that he was cheating, it is important to share that with him," Rios says. She suggests having that conversation in a public place. "It puts him in a position where he can't avoid it—he has to make eye contact, he has to sit there and you'll see his body language." Maybe he'll confess and apologize or deny anything is going on, but it's up to you to give him another chance or decide to move on.

SNEAK PEEK

We asked our Facebook friends if they ever look at their partner's cell phones, and they didn't hold back.

"I found pictures of another woman. So I posted the pictures and her number in an adult chat room and blew up her phone with texts from strangers." —Christa P.

"I don't go snooping, but if the phone is ringing and he is in another room, I look to see." —Bogley G.

"If I need to stoop this low, then I don't need to be in a relationship with him." —Liz R.