

The Instructions

What to do on Tuesday. Eight phases, from the first twelve minutes on your own to the years after you both signed.

One person starts alone. Almost nothing works until two have finished.

How this guide works

You can do the first part on your own and it is worth doing on its own. Everything after that needs both of you to have finished. If your partner isn't going to do it, this product will not work for you, and it is better to know that now.

The product has an asymmetry: one person starts alone, and almost nothing of value works until two people have finished. So this guide is organised by **phase**, not by module. A module-by-module guide is a reference — The Atlas is that. A phase guide tells you what to do on Tuesday.

Every chapter answers three questions, in this order: **what is this for**, **what do you have to do**, and **what does it need from you** — the last one being the question the product currently answers worst.

Where the product has its own words for something, they are quoted rather than paraphrased. Lines in **amber** come from the product itself.

The screens in this guide show the redesigned app, with an example couple — Sam and Alex — who do not exist. Where the live pilot app still shows an earlier screen, the words on it are the same.

THE EIGHT PHASES

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READING A TASK

- Do** — the action, in the order you take it.
Second person, present tense.
- Needs** — who has to be present and what has to be finished first.
- Know** — the thing the product would rather you understood before you tap.

0 Before you start

Needs: nothing

A reader who understands what the product won't do understands the rest much faster.

What this is

Do. Read the landing page's own words once: every couple is already operating under an agreement — who handles money, who apologises first, what counts as an emergency. Nobody wrote it down. Terms of Us is where two people write down what they have actually agreed, before the law, or an argument, decides it for them.

Needs. Nothing. Not an account, not a card.

Know. The first part — the survey — is a real product on its own. It is not a teaser for the rest.

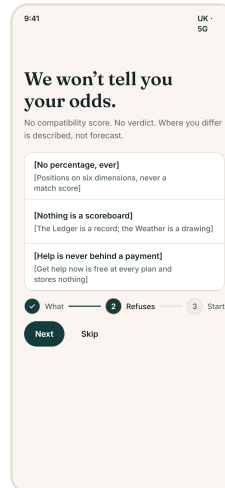
onboarding-what-this-is

The four refusals

Do. Know them before you begin, because they explain every design decision you will meet.

Needs. Nothing.

We won't predict whether you'll last. We won't put the crisis routing behind a paywall. We won't offer couples work where there is fear. We won't pretend to be a lawyer or a clinician.



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The three plans, plainly

Do. Survey is free: the Sounding, Your Survey in full, The Clauses to read, Second Opinion — one seat. Foundations adds the second seat, the Structural Report, the four deeper modules, Your Terms with Vow Curator, The Signing and The Log, and the weekly maintenance — Weather Report, The Holding, The Walkthrough, Repairs, Bucket List — with Breach Protocol and the Mediation Room. Structure adds Movement, Horizon, The Ledger, Time Capsule, The Vault, Legal Instruments and Witnesses, with four witness seats. Get help now and The Register are free on every plan, always.

Needs. A decision only once you both want to compare surveys. Nothing before that.

Know. The plans stack. Losing a plan never deletes anything.

Locked modules stay visible, and a plan change never deletes anything — if a plan lapses, what you made stays readable and exportable; gated modules become read-only, not invisible.

The sentence nobody has said yet

Do. Read it, and decide whether to raise the subject before you spend twelve minutes.

Needs. An honest answer about your partner.

Know. Chapter 2 is about how to raise it.

You can do the first part on your own and it is worth doing on its own. Everything after that needs both of you to have finished.

1 Alone

Needs: you — about twelve minutes

Sign in, consent, forty-eight statements, and the portrait that comes back. All of it is yours to keep whether or not you ever pay.

The private pilot

Do. Type the passphrase you were given. Everything in the app sits behind it while the pilot runs; public sign-up is not open yet.

Needs. The passphrase, from whoever invited you to the pilot.

Know. If it is refused, the product says why.

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That passphrase wasn't right. Check for extra spaces and try again.

Sign in by email link

Do. Enter your email. Open the link we send, then press the button on the page that opens. That is the whole sign-in; there is no password to set, forget or leak. Your first sign-in creates your account.

Needs. An email address you control, and the browser you want to stay signed in on.

Know. The email's subject line says nothing about what this product is. Emails surface on shared screens, and that is deliberate.

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A link works once and expires in 24 hours. If it has expired or says it has been used, ask for a new one on the sign-in page. Open it in the browser you want to stay signed in on.

The age declaration

Do. Confirm you are eighteen or over. Once, when the account is created.

Needs. Honesty.

Know. The product is for adults making adult agreements; there is no under-eighteen version. It records a declaration with a timestamp, never a date of birth.

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Terms of Us is for adults

1 Alone

continued

Needs: you — about twelve minutes

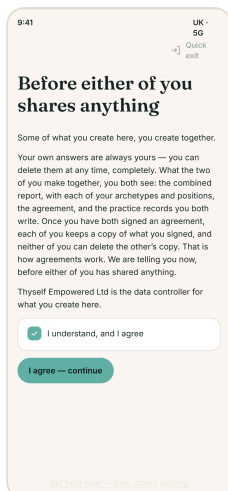
The two consents

Do. Read both layers as they appear. The first — “Your answers, your survey” — covers processing your Sounding into your own survey. The second — “Before either of you shares anything” — covers what you will later make with your partner. Tick each on its own; nothing is pre-ticked and nothing is bundled.

Needs. Your explicit consent, given before anything is processed.

Know. This is psychological information about you, which is why the product asks first. The exact words are stored with your consent, and if they ever change you are asked again before anything continues.

You can withdraw this consent at any time, and if you do, your answers, your scores and your survey are deleted. One thing survives: if you have both signed an agreement, the frozen report inside your partner's signed copy keeps your archetype and your positions as they were on the day you signed.



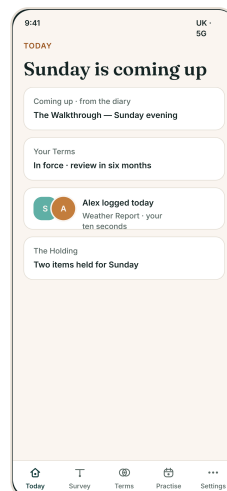
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Today

Do. After consent, create your workspace. You land on Today: a short “Getting set up” list — the Sounding, Your Survey, inviting your partner, the combined report — and, under it, what is waiting on you.

Needs. Nothing more. This is the home page from now on.

Know. In the redesigned app the five tabs are Today · Your route · The terms · The weeks · More, and Get help now sits in the top bar of every screen.



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About twelve minutes, saved as you go. Everything else starts from it.

1 Alone

continued

Needs: you — about twelve minutes

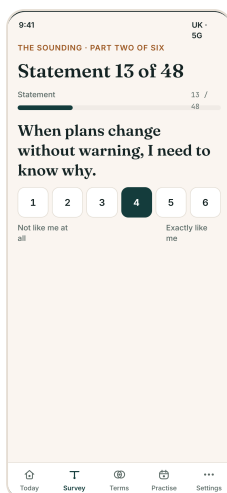
The Sounding

Do. Answer forty-eight statements on a 1–6 scale, from “not like me at all” to “exactly like me”. Every answer saves as you tap it; stop and come back whenever you like. About twelve minutes in one sitting.

Needs. You, on your own, with no one reading over your shoulder.

Know. Six dimensions: how you seek reassurance, how you take distance, how you express, how you run in conflict, where your centre of gravity sits, how vigilant you are.

Answer for your ordinary self, not your best self. First reactions are usually the truest ones. Nobody sees your answers but you.



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What neither end means

Do. Before you read your positions, read this: every position on every scale is livable. High reassurance need is not neediness. Low expression is not dishonesty. High distance instinct is not coldness. High conflict heat is not aggression.

Needs. Nothing but patience.

Know. The Sounding places you; it does not rank you. Field guide № 1 covers each dimension, both ends, and what neither means.

Positions, not marks. There is no good end and no bad end of any dimension — descriptive, not predictive.

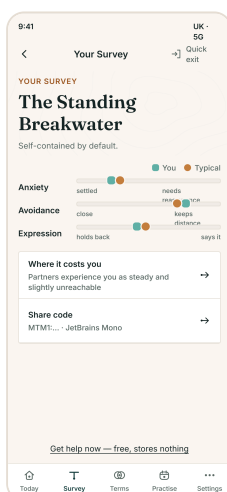
Your Survey

Do. Open your archetype — one of twenty — and read it whole, including the parts nobody enjoys: what it gives you, what it costs you, what you need, how you are under real strain, and the page written for your partner. Copy your profile code, or download the PDF. Both are yours to keep.

Needs. Your finished Sounding.

Know. The questionnaires are self-report scales we wrote, not validated clinical measures. The portrait describes; it does not diagnose. Your profile code carries only your six positions — no answers, no name.

A profile that only flatters you is a horoscope.



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2 The handoff

Needs: both of you

The most important chapter, and the one most likely to be skipped. Nothing after this page works with one person.

Have the conversation first

Do. Raise it before you send anything. The most common response is “Why do we need this? Don’t you trust me?”, and it isn’t unreasonable. The honest answer: this isn’t insurance against your partner. It’s insurance against the two of you at 11pm, tired, arguing about something neither of you has ever actually stated a position on.

Needs. Both of you, calm, with time.

Know. The best time to do this is when things are good. Writing it down doesn’t create the disagreement; it finds the one that was already there, while you both still have the goodwill to sort it out.

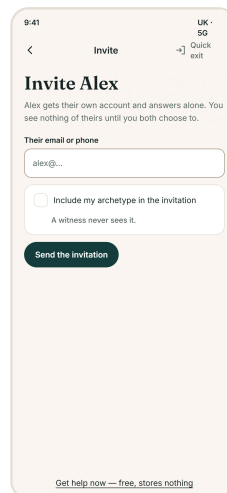
Send the invitation

Do. Open Account > Partner. Send it by email, by a copied link, or through your phone’s share sheet. It lasts fourteen days. Write your own message if you like — for example:

Needs. Your partner’s address, and their agreement to receive it.

Know. It carries your display name, and your archetype — name, tagline, one line — only if you tick “Include my archetype in the invitation”. Never your answers or numbers; a witness never sees it.

I did this thing — 48 statements, twelve minutes. The write-up is uncomfortably accurate. Do yours and it’ll show us both where we actually differ.



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2 The handoff

continued

Needs: both of you

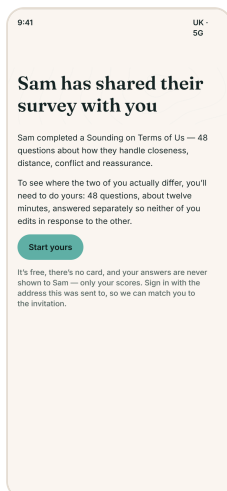
What your partner sees and does

Do. They open the invitation, sign in with the address it was sent to — that is what accepts it; a link forwarded to anyone else grants nothing — give their own two consents, and answer their own forty-eight, separately, so neither of you edits in response to the other.

Needs. Their twelve minutes, on their own, and the pilot passphrase from you.

Know. They arrive as someone who was asked, not someone who chose. Give them the first two chapters of this guide.

It's free, there's no card, and your answers are never shown to [Name] — only your scores. Sign in with the address this was sent to, so we can match you to the invitation.



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Reminders, and then nothing

Do. The product sends two reminders and then stops. Each carries "Stop these reminders", one click, no sign-in. Do not chase from your side more than you would about anything else.

Needs. Patience.

Know. Nothing nags. An invitation that has to be pressed is already telling you something.

invite-sent

If they never accept

Do. Keep everything you have: your Sounding, Your Survey, your profile code, your PDF, The Clauses, Second Opinion. Nothing expires and nothing is taken back.

Needs. Nothing more.

Know. If your partner isn't going to do it, this product will not work for you as a couple — and it is better to know that now than in six months.

Nobody is in seat B yet. This works best as two surveys — when yours is done, invite your partner and the later modules (the structural report, the agreement) become possible. Until then, everything you do here is yours alone.

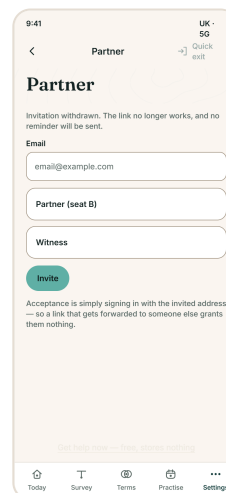
Wrong address

Do. Withdraw the invitation and send another to the correct address. The first link stops working and no reminder is sent; nobody at the wrong address ever sees your answers.

Needs. The right address.

Know. An invitation carries your name, a link and — if you chose it — your archetype. Nothing else.

The link stops working and no reminder is sent. You can invite someone again afterwards.



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2 The handoff

continued

Needs: both of you

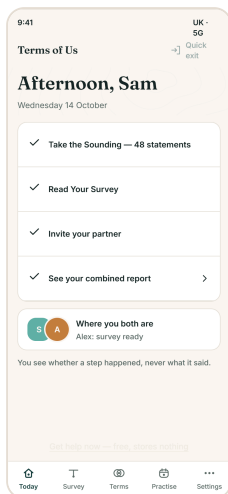
What each of you can see

Do. Once they have finished, your Today shows that their Sounding is complete and their survey exists. That is all it shows.

Needs. Both Soundings complete.

Know. Seats show whether a step happened, never what it said. Answers are never shown to a partner — not now, not in the report, not in a signed copy.

What they answered is theirs alone — you see whether a step happened, never what it said.



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When the product becomes a couple's product

Do. The second person's completion is the moment. Chapter 3 begins there. If you are on the free plan, this is also the moment to decide about Foundations: the Structural Report needs it.

Needs. Both finished. Foundations, from here.

Know. In the private pilot every workspace has the plan the owner set, and nothing is charged.

3 Together

Needs: both of you, both finished

The Structural Report, the four deeper modules, Your Terms, and the point of no return.

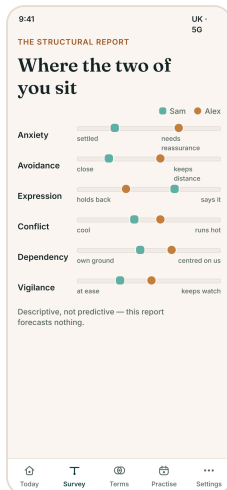
The Structural Report

Do. Open it together. Read the pairing first — what it gives you, where it rubs — then where you each sit, dimension by dimension, then the friction band. It is built live from your two surveys each time you open it and stored nowhere.

Needs. Both surveys complete. Foundations.

Know. There is no score, because nobody honestly has one. Answers are never shown, only archetypes and positions; it is the same report for both of you.

Descriptive, not predictive — this names patterns in your combined answers. It is not a verdict on the relationship.



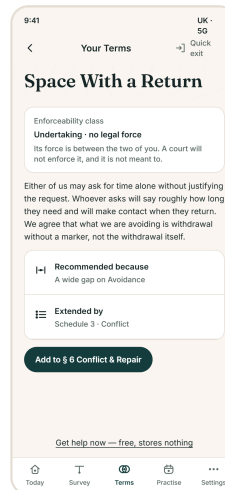
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Clauses worth writing in

Do. At the foot of the report, read the clauses it suggests. They come from your actual answers, not a template, and they are where Your Terms usually starts.

Needs. The report.

Know. The Clauses are readable on every plan; applying them to an agreement needs Foundations.



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Driven by your actual answers, not a template.

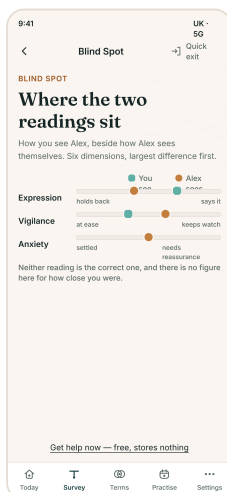
Blind Spot

Do. Ask first. Blind Spot rates how you see your partner against how they see themselves, so it starts only when they have agreed to be rated — and they can take that agreement back in one step.

Needs. Both of you, separately, then together. Foundations.

Know. Your partner is told you would like to answer it about them, and is never told why if they decline.

How you see them, against how they see themselves.



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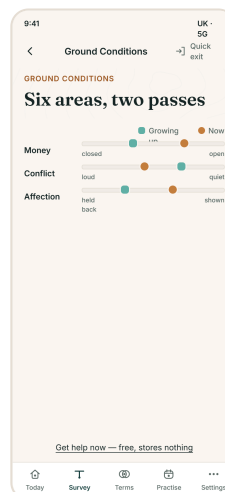
Ground Conditions and The Load

Do. Ground Conditions: what you saw growing up, and what you do now. The Load: the argument that is never about money — who carries what, and whether either of you knows it.

Needs. Each of you, on your own. Foundations.

Know. Both are answered separately and read together. Neither tells you what to do about it; that is what Your Terms is for.

The argument that is never about money.



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3 Together

continued

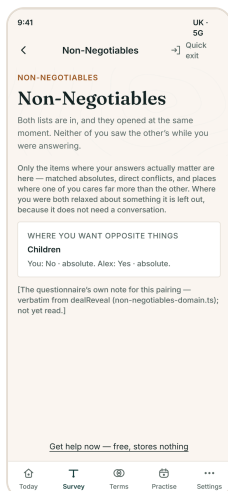
Needs: both of you, both finished

Non-Negotiables

Do. Each of you commits your list before either sees the other's. Only then are both revealed, side by side.

Needs. Both of you, separately, then together. Foundations.

Know. Commit-then-reveal exists so that nobody's list is edited in response to the other's. It is the same pattern the Mediation Room uses.



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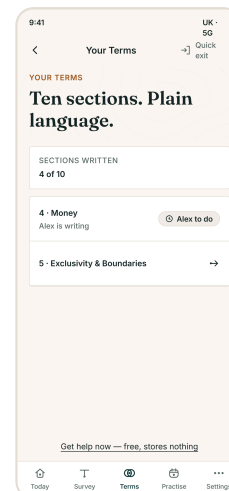
*Committed separately.
Revealed together.*

Your Terms

Do. Ten sections, from why you are doing this to what happens if it ends. Each has its own prompts and an example. You each write your own words in every section — your words stay yours, your partner's stay theirs — and it saves as you type. Section 10 sets the review date.

Needs. Both of you, in the same sitting or not. Foundations.

Know. This has no legal force. It is not a contract and no court will enforce it. Its value is that you both wrote it down and both know what it says. The review date is the section people skip and the one that makes the rest survive.



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*Ten sections. Plain language.
Both signatures.*

3 Together

continued

Needs: both of you, both finished

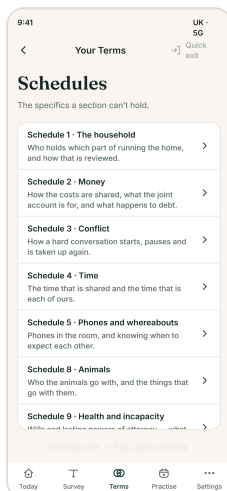
Vow Curator, The Clauses and Schedules

Do. Vow Curator helps you write your own vows: it tells you whether a sentence is observable — keepable, workable, or too vague yet to be kept or broken — and nothing else. The Clauses is the library every plan can read. A Schedule settles one part of living together; adopting one means writing your own wording for it.

Needs. You, for your vows. Both, for a schedule.

Know. Vow Curator's prompts come from your own survey; your partner never sees your findings, only the vows you choose to keep.

Too vague yet to be kept or broken — add a when, a how often, or a number.



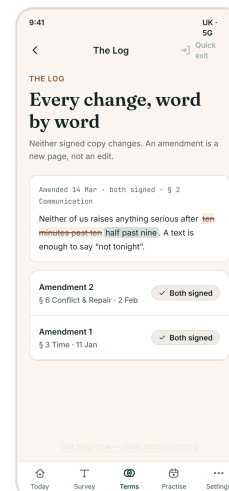
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The Log

Do. Every version of every clause, with what changed, who changed it and when, word by word. Before signing it is a history; after signing it is where amendments live.

Needs. Foundations.

Know. Nothing is ever silently rewritten. If you want to know what you both agreed on a given day, it is here.



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Word-level diffs of every change you ever made.

3 Together

continued

Needs: both of you, both finished

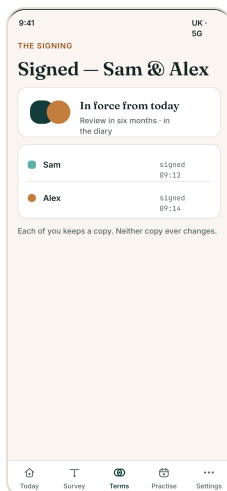
The Signing

Do. Choose how you want to sign — quiet, just the two of you; with witnesses present; a proper ceremony; or folded into a review. Read each section, including the empty ones. Then sign; the document freezes only when you both have.

Needs. Both of you, present or not, each with your own screen. Foundations.

Know. Empty sections are disclosed, never blocked. You can sign with gaps; the gaps are listed plainly.

Once you both sign, this becomes fixed. You'll each get your own copy. Changes after that are recorded as amendments, so you'll always be able to see what changed and when. This still has no legal force.



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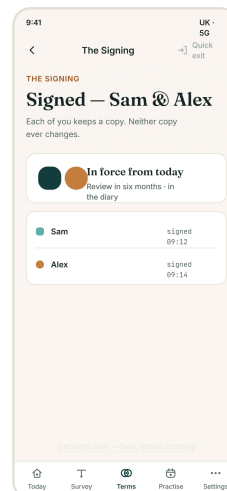
Two copies

Do. Download your signed copy. Each of you keeps your own, and neither of you can delete the other's — you were told this before either of you shared anything.

Needs. Both signatures.

Know. This is the point of no return: signing freezes the text; amendments come after and never rewrite what you signed.

Both of you have signed, and the document is fixed as it stood. You each hold your own copy — yours is below — and changes from here are recorded as amendments.



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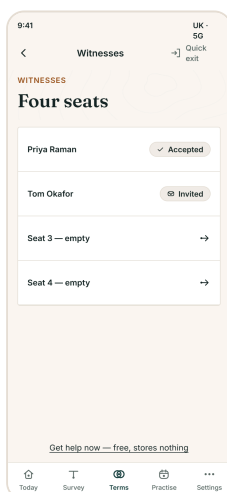
Witnesses

Do. On Structure, up to four people can hold a read-only seat and read the signed agreement — nothing else. Either of you can ask; nothing is sent until the other has agreed.

Needs. Both of you agreeing. Structure.

Know. You are not told when a witness reads it, and a witness cannot add to it. You can sign without one, and nothing about the agreement is lesser for that.

A promise made in front of someone is a different promise.



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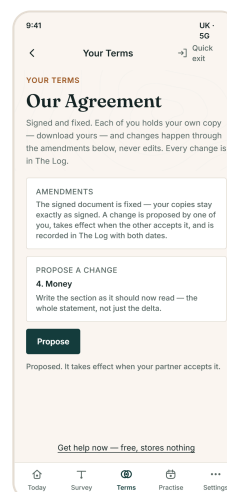
Amendments

Do. After signing, propose a change to a section; it takes effect when your partner accepts it, and both dates go in The Log. When the review date arrives, read the whole thing through together — anything that no longer fits becomes an amendment, and section 10 takes the next date.

Needs. Both of you, again.

Know. Ritual is not decoration. People keep things they marked.

The review date you both set has arrived. Worth reading it through together — anything that no longer fits becomes an amendment, and section 10 takes the next date.



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4 Ongoing

Needs: both of you, weekly

The rhythm is the part that decides whether any of it survives.

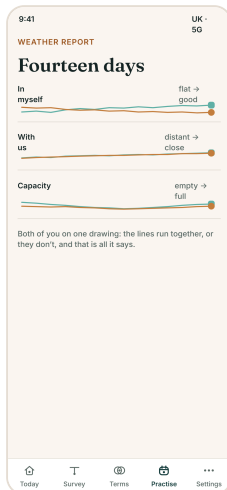
Weather Report, daily

Do. Three taps, ten seconds: in myself, with us, capacity — each from one to five. Add a line if you want one, and choose whether your partner sees the line. Your three numbers are shared either way; that is what the module is for.

Needs. Each of you, once a day. Foundations.

Know. A single day tells you nothing. A fortnight tells you whether you have been having the same week as each other. The scale runs flat to good, distant to close, empty to full — none of them is a mark.

Three taps. Ten seconds.



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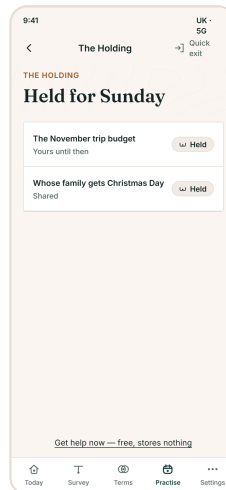
The Holding, as you go

Do. Put the thing down instead of raising it at 11pm: a niggle, a request, an idea, a decision, an appreciation. It lands on the next Walkthrough agenda by itself.

Needs. Whoever is carrying it. Foundations.

Know. The damaging conversations happen at eleven at night because someone carried something all day and it came out sideways.

Somewhere to put it down until it can be discussed.



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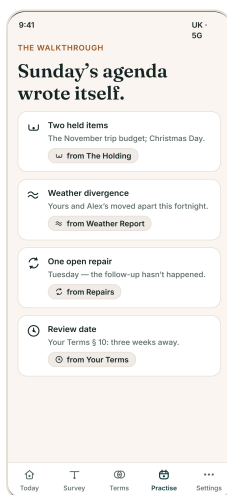
The Walkthrough, weekly

Do. Pick the day it happens and sit down with the agenda the product has written: what was put in The Holding, where your weather diverged, any repair still open, any horizon that conflicts, any load that sits unevenly. Walk through it together.

Needs. Both of you, once a week. Foundations.

Know. Neither of you has to remember what needed saying.

The agenda writes itself from everything else.



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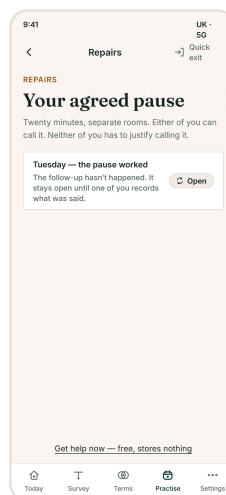
Repairs, decided while calm

Do. Agree who reaches first, how long the pause runs and the maximum silence — drawn from both your profiles rather than generic advice — before you need any of it.

Needs. Both, calm. Foundations.

Know. Repair is hard to improvise, because it gets improvised at the worst possible moment.

Decided while calm, so it's available when you aren't.



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Needs: both of you, weekly

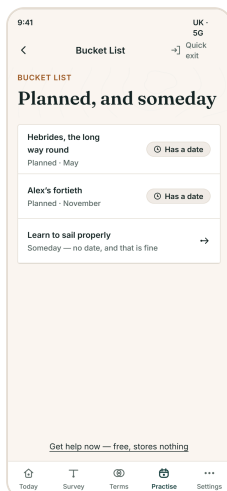
Bucket List

Do. Separate someday from planned. Four horizons: someday, this year, planned, done.

Needs. Either of you. Foundations.

Know. Most of what a couple means to do together is lost between “one day” and a date. Writing the horizon down is the whole trick.

Separating someday from planned.



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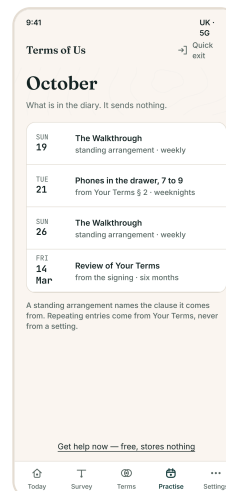
The diary

Do. Reviews, the weekly conversation and the occasions you add collect in the diary, on any plan. It sends nothing.

Needs. Nothing.

Know. Nothing in this product appears on a screen someone else is holding unless you put it there.

It sends nothing — no reminders, no notifications, nothing that could appear on a screen someone else is holding.



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If you stop

Do. Nothing happens. There is no pause state, and no reminder or nudge to either of you. Today keeps showing where you left off, without dates, and every Sounding answer is already saved.

Needs. Nobody is told.

Know. The one gap the product states is on the Walkthrough, plainly — “three weeks since the last one” — never as a streak or a colour. Accounts never expire for inactivity; in the pilot, its end is the one clock.

Every answer is already saved; stopping loses nothing.

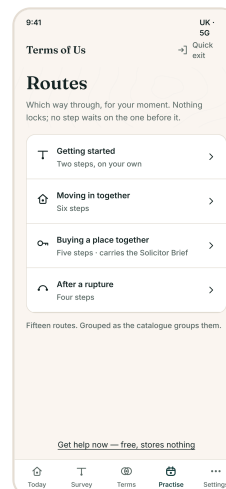
Routes

Do. If you would rather be told an order, a route is one: a way through some of the modules towards something that exists at the end. Getting started and Parting well come with Survey; the rest arrive with Foundations and Structure. A route never blocks a module.

Needs. Whichever plan the route says.

Know. It never tells either of you how long the other has taken.

This list never blocks a module. If you want to do step five before step two, do step five before step two.



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5 The long horizon

Needs: months to years

What moved, what is coming, and where everything is kept.

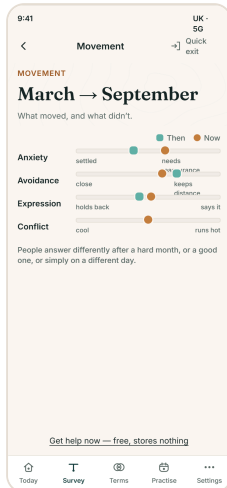
Movement

Do. Take the Sounding again in six months and see what moved: a small chart per dimension, and a plain reading of the direction of travel.

Needs. You. Structure.

Know. A single measurement is a snapshot. Two are a trend, and the trend is the interesting part — but read the product's own caution first.

A change here describes a change in your answers, not necessarily growth. People answer differently after a hard month, or a good one, or simply on a different day — and none of that is the same as having become a different person.



The redesigned app

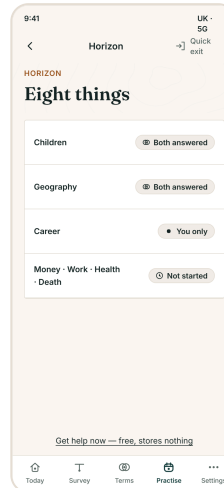
Horizon

Do. Eight things that reorganise a life — children, where we live, whose career leads, ageing parents, money long-term, how much we work, illness and incapacity, end of life — each with a stated position from each of you. Two of them are health information, and you are asked for separate consent before you answer those.

Needs. Both. Structure.

Know. "I don't know yet" is recorded as a real answer. You can take back the health consent at any time, and your answers on health are deleted with it.

Take back my agreement and delete my answers on health



The redesigned app

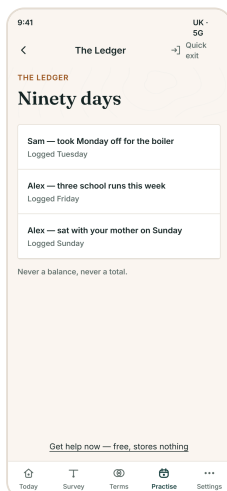
The Ledger

Do. A shared log of what actually got carried — by category and by person, over ninety days.

Needs. Both. Structure.

Know. Everyone remembers their own contributions more vividly than their partner's. It is a documented bias and it is nobody's fault.

A record, not a scoreboard.



The redesigned app

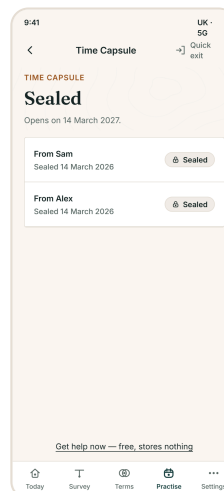
Time Capsule

Do. Letters to whoever you both are by then: written now, encrypted in your browser with a passphrase, opened at a date you choose.

Needs. Both. Structure.

Know. The passphrase is yours alone and cannot be recovered — not by us, not by anyone. Write it somewhere a future you will find.

Letters to whoever you both are by then.



The redesigned app

5 The long horizon

continued

Needs: months to years

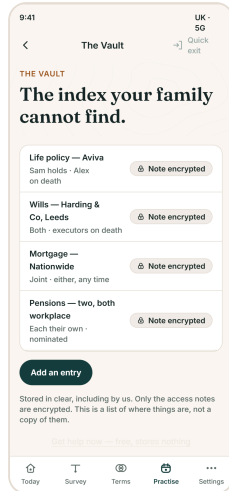
The Vault

Do. A list of what exists, where it lives, who holds it and who gets access when — with encrypted access notes.

Needs. Both. Structure.

Know. Deliberately a list and not a document store. We will not pretend a web page is a safe deposit box; what is stored in clear — including by us — is stated on the page.

The index your family cannot find.



The redesigned app

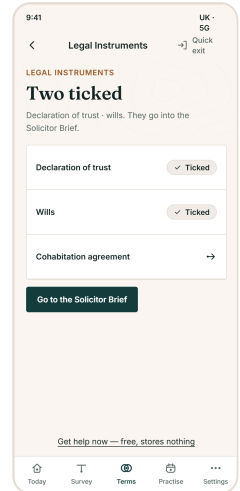
Legal Instruments

Do. What each document does, and what it cannot — cohabitation agreements, wills, powers of attorney — and a brief to hand a solicitor.

Needs. Both. Structure.

Know. There is no such thing as common law marriage in England and Wales. It's easy to find this out at the worst possible moment.

What each document does, and what it cannot.



The redesigned app

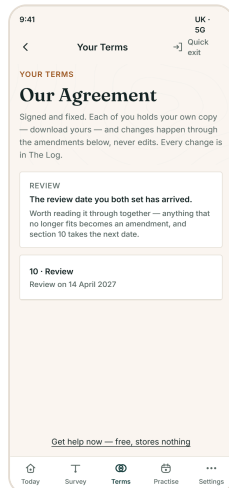
The review

Do. When the review date arrives, the route called The review walks you through it: Movement, the Weather Report, The Log, The Walkthrough, Your Terms and The Signing, in that order.

Needs. Both. Structure.

Know. An agreement that is reviewed is one that is still true. The route is a list; take it out of order if you like.

Retake it in six months and see what moved.



The redesigned app

Your data, over the years

Do. Your Survey downloads as a PDF from Your profile & export. The draft agreement, your signed copy and The Log each have their own "Export as PDF". There is no one-press download of everything yet: a full copy of your own data — answers, consents, every version, your signed copy — is made for you when you ask from your account's own address.

Needs. You, and only you: your partner's data is never in your copy.

Know. Pilot data is kept for the duration of the pilot, then deleted — unless you explicitly ask to carry it into the live service under the launch privacy notice.

Your survey exports as a PDF; a full portable copy is yours for the asking.

6 When it needs more

Needs: whenever

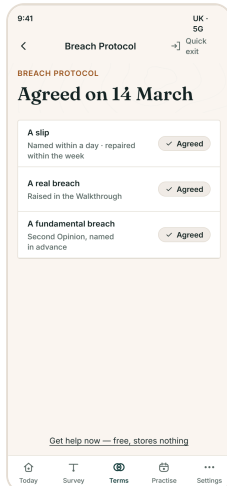
Filled in while calm, so it is there when you are not.

Breach Protocol

Do. Agree the three tiers of breach — what counts, and what each of you does about it — before there is one.

Needs. Both, calm. Foundations.

Know. An agreement without a breach procedure is a wish list.



The redesigned app

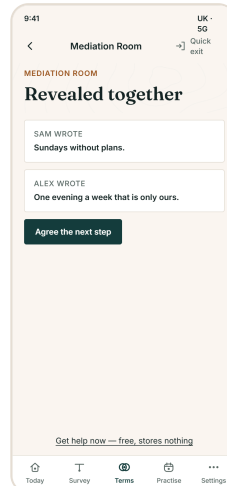
Three tiers, agreed while calm.

The Mediation Room

Do. Seven steps, and neither of you sees the other's first answer until both are in. Use it when the same conversation has gone round twice.

Needs. Both. Foundations.

Know. It is the Non-Negotiables pattern again: commit, then reveal, so nobody edits in response to the other.



The redesigned app

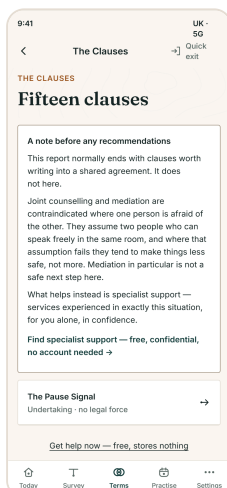
Seven steps, and neither sees the other's first answer.

Where these are withheld

Do. Couples work and mediation assume both people can speak freely. Where there is fear or coercive control, they hand the person causing harm a record of what the other one said — so the product removes them and says why.

Needs. Nothing. It is done for you.

Know. If that notice appears, take it at its word.



The redesigned app

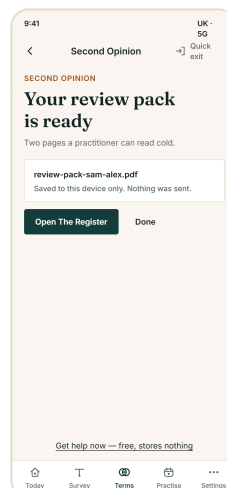
Then the agreement modules are the wrong tool and the platform says so, loudly, and removes them from your route.

Second Opinion

Do. One outside hour, properly prepared for: answer the questions and it produces a pack a practitioner can read cold. The Register tells you which kind of practitioner, and what to ask them.

Needs. You. Free on every plan.

Know. Two people working from the same documents for months develop a shared blind spot as surely as a shared vocabulary.



The redesigned app

One outside hour, properly prepared for.

6 When it needs more

continued

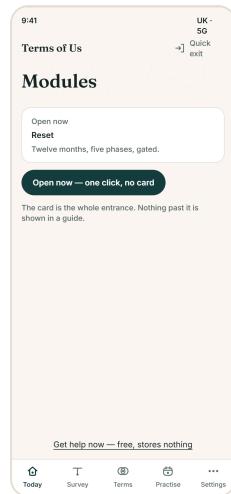
Needs: whenever

Reset

Do. Twelve months, five phases, gated — a structured year for a relationship that is in trouble and wants not to be. It opens for anyone, on any plan, with one click.

Needs. Both. Any plan.

Know. Said here, clearly, once: nobody should be entering payment details while deciding whether to separate.



The redesigned app

Open now — one click, no card

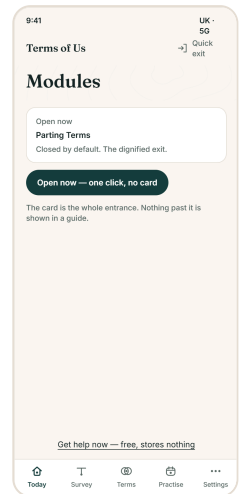
Parting Terms

Do. Closed by default. The dignified exit: the terms of leaving, written down by two people who once wrote down the terms of staying. It opens for anyone, on any plan, with one click.

Needs. Both, if both are willing. Any plan.

Know. A reset ending in separation is not a failed reset. The route Parting well runs Parting Terms, then Second Opinion.

This module stays closed until you open it deliberately. It is not hidden and it is not locked — it simply should not be something either of you finds by accident.



The redesigned app

6 When it needs more

continued

Needs: whenever

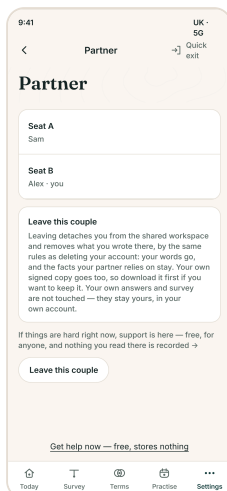
Leaving

Do. A partner who did not create the workspace can leave it: their words go, the facts the other relies on stay, and their own signed copy goes too — download it first. Their own answers and survey are untouched. A confirm step comes first; nothing is removed until you press “Yes, leave this couple”. The person who created the workspace cannot leave it; they can only delete their account.

Needs. You.

Know. Download your signed copy before you leave, if you want to keep it. If your partner leaves, Today says so and Partner offers “Start again with someone new”: a fresh workspace, so a newcomer never sees the previous relationship.

Leave this couple now? What you wrote together and your own signed copy are removed now, and this cannot be undone; your answers and survey stay yours.



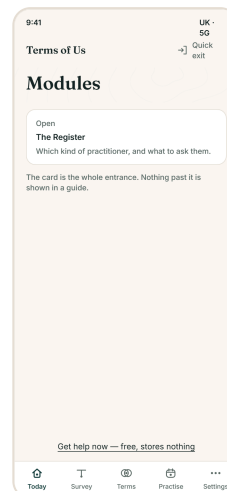
The redesigned app

Is this therapy?

Do. No. Where you need a professional, the product's job is to get you to a real one with the right information in hand — Second Opinion and The Register are how.

Needs. Honesty about when it is time.

Know. Nothing here is clinical assessment, diagnosis or treatment.



The redesigned app

It is a structured way for two people to find out what they are working with and write it down.

7 If something is wrong

Needs: free at every plan

Free on every plan. Stores nothing.

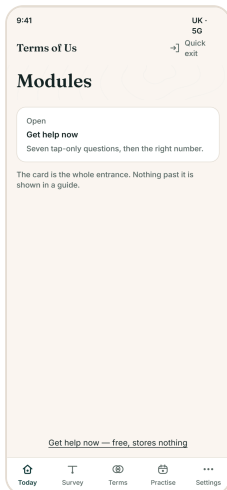
Get help now

Do. Seven tap-only questions, then the right number. It is free on every plan and it stores nothing — not an account, not a record that it was ever opened. Reach it from the top bar of every screen, from the foot of every page, or from Help and support.

Needs. Nothing.

Know. In the private pilot it sits behind the pilot passphrase; when it opens to the public it will need no account. Where couples work is contraindicated, the product removes it and routes you here instead.

Help is here whether or not you ever pay us.



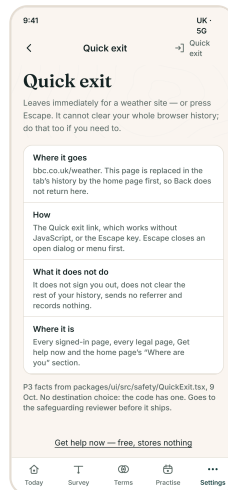
The redesigned app

The quick exit

Do. Press Quick exit, or the Escape key, on any page of the app. It leaves immediately for a weather site, and Back does not bring you here.

Needs. Nothing.

Know. It does not sign you out, so the app can still be open on this device: sign out as well if you need to. If a menu or dialog is open, the first Escape closes that.



The redesigned app

Leaves immediately for a weather site — or press Escape. It cannot clear your whole browser history; do that too if you need to.

7 If something is wrong

continued

Needs: free at every plan

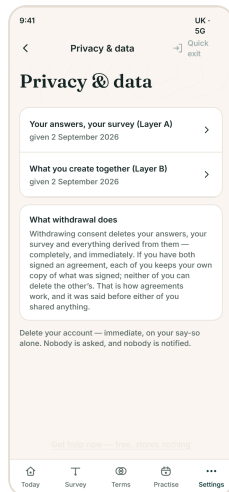
Withdrawing consent

Do. Layer A and Layer B, the consents from the start, have no withdraw button of their own: for those two, deleting your account is the only way, and it deletes your answers, your survey and everything derived from them — completely, and immediately. Horizon's health consent has its own one-step withdraw button on Privacy & data; the agreement you gave for Blind Spot is taken back on its own page.

Needs. You.

Know. What your partner keeps, in plain English: if you have both signed an agreement, each of you keeps your own copy of what was signed; neither of you can delete the other's.

That is how agreements work, and it was said before either of you shared anything.



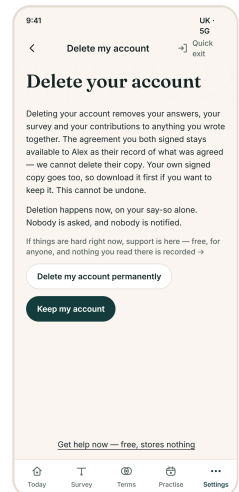
The redesigned app

Deleting your account

Do. Account > Delete, then a confirm step: nothing is erased until you press “Yes, delete my account”. It is on your say-so alone; nobody is asked and nobody is notified. It cannot be undone.

Needs. You.

Know. The agreement you both signed stays available to your partner as their record of what was agreed — we cannot delete their copy. Your own signed copy goes too, so download it first if you want to keep it.



The redesigned app

Delete your account now? Your account, your answers, your survey and your own signed copy are deleted now, and this cannot be undone.

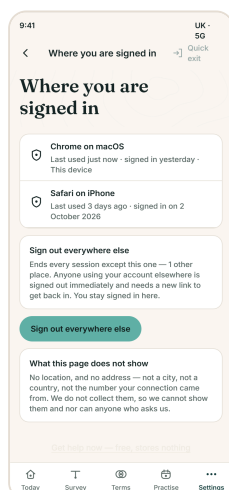
Sessions

Do. Account > Sessions shows every device you are signed in on, and “Sign out everywhere else” ends all of them but this one. A new device always sends you an email; that cannot be turned off.

Needs. You.

Know. No location and no address is shown or kept. A session expires thirty days after it started.

Anyone using your account elsewhere is signed out immediately and needs a new link to get back in.



The redesigned app

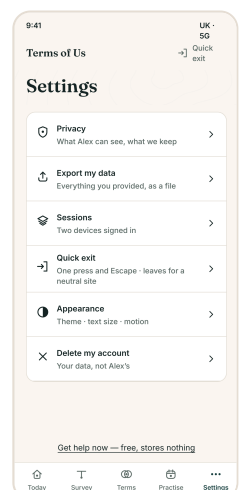
Your data

Do. Your Survey, the Structural Report and Your Terms each download as a PDF from their own pages. Privacy & data shows the exact words you consented to, by date, and what is stored. A full copy of your data is yours for the asking.

Needs. You.

Know. Losing a plan never deletes anything — gated modules become read-only, not invisible.

Your documents stay readable after you downgrade — you lose the ability to edit gated modules, not the ability to read what you already wrote.



The redesigned app

7 If something is wrong

continued

Needs: free at every plan

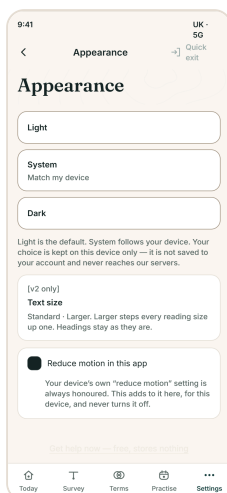
Appearance

Do. Account > Appearance: light, dark, or match your device. In the redesigned app, a larger text size and reduce motion sit beside it, kept on this device only.

Needs. Nothing.

Know. Your device's own "reduce motion" setting is always honoured.

Your choice is kept on this device only — it is not saved to your account and never reaches our servers.



The redesigned app

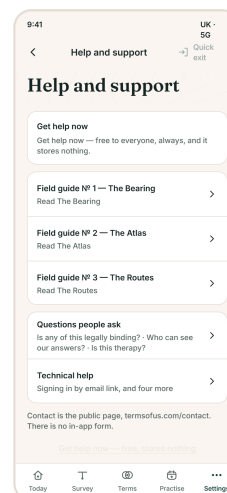
Help and contact

Do. Account > Help and support: Get help now, the four field guides, the questions people ask, technical help, and contact. Write to us through termsofus.com/contact.

Needs. Nothing.

Know. No email address appears in this guide, on purpose. The contact page is the one door.

Get help now, the guides, questions people ask, technical help, contact us



The redesigned app

Where this comes from

Everything in this guide that describes the product is quoted from the product — the module names and their one lines, the consent text as it is shown on screen, the refusals as they stand on the landing page, the notes beside each button. The instructions are ours, written against those texts. The questionnaires are self-report scales we wrote, not validated clinical measures. Nothing here ranks one plan above another; no claim rests on a number we cannot source — the common-law-marriage figure is NatCen's, 2019. The screens show the redesigned app with an example couple who do not exist. The artworks are generated brand geometry — no people, no faces — each registered with model, date and licence.

NatCen Social Research, "Almost half of us mistakenly believe that common law marriage exists", 22 January 2019 (British Social Attitudes 2019); cited in House of Commons Women and Equalities Committee, *The rights of cohabiting partners*, HC 92 (2022–23), paragraph 16.

If anything here is frightening rather than frustrating — if there is fear, control or force in your relationship — this is not the document you need.

999

if anyone is in immediate danger

0808 2000 247

National Domestic Abuse Helpline, free, 24 hours

116 123

Samaritans, any reason, any hour

Text SHOUT to 85258

silent support by text

Checked at source on 28 August 2026.

The four numbers above are the ones available today. Terms of Us will also route to a wider directory of specialist organisations — not a feature of the product but the floor under it, and never behind a payment.