

Times Union, (Albany, NY), September 11, 2004

“Snooping Puts Relationships To The Test”

When Alicia Torello was doing laundry one day, she found a note - - from another woman -- in her boyfriend's pants pocket. Torello already suspected he was up to no good. The note heightened her suspicions. She decided to investigate.

Checking his e-mail, the Albany 23-year-old found the home address of the letter writer. She hopped in the car and went to the woman's house. When she got there, her boyfriend was walking out the front door hand-in-hand with the other woman.

All it took was a little snooping for Torello to confirm her boyfriend was cheating on her. We've always had the desire to snoop and, these days, it's getting easier, says Rebecca "Kiki" Weingarten, a life coach with Daily Life Consulting in New York City.

Caller ID allows us to check out missed calls, star-69 means you can track a hang-up and Web-browser histories can offer insight into someone's secret interests.

Or there are those left-behind Palm Pilots or BlackBerries that are ripe for the looking, like in the Brittany Murphy movie "Little Black Book," released this summer. In it, Murphy's character looks through her boyfriend's Palm Pilot and finds names, phone numbers, recent e-mails and pictures of former girlfriends.

So she enlists her friends' help and becomes super snooper to dig up her boyfriend's past. "If you live in an environment where everybody is open about what's going on, then you're probably pretty trusting and think the people around you are being straight, you won't feel the need to snoop as quickly," Weingarten says. On the other hand, if the person you're dating, or even the people you're around on a regular basis, often lie, your insecurities naturally kick in, she says.

"I think it's OK to snoop," says Sam Contompasis, an Albany 25- year-old. He adds that if someone says they're true to you and only you, it's OK to try to find out for sure. Contompasis would go as far as checking his girlfriend's online journal, knowing the guys she hangs out with and maybe even perusing her diary. But it wouldn't be a secret. He would let her know he's the snooping type.

Snoopers should be careful, says James Houran, chief psychologist with [True.com](#), an online dating site.

"Snooping will just make you that much more suspicious and, if you're caught, they are that much more suspicious of you," Houran says. "I don't feel there is any legitimate reason to snoop or spy."

Neither does Kevin Mosca.

"Everybody's privacy is their own thing," says Mosca, 24, who lives in Boston but was in Albany over Labor Day weekend.

One of Mosca's former girlfriends didn't trust him, so she went through his cellphone and read (and deleted) text messages from other women. Those women were his friends, he says, nothing more.

While Mosca wasn't pleased his girlfriend went through his stuff, he understands. "There is always the curiosity ... the trust issue. It's hard to trust people," says Mosca. But he can't see himself snooping.

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