

Conversation Transcript

18 September 2026

You

My boyfriend and I are away on holiday with friends. I went to have a sleep and my boyfriend gave our room key to one of the guys to get sunscreen. He walked into the bedroom as I walked out of the bathroom naked. I did not know what to say. How should I have responded and what should I say to my boyfriend.

ChatGPT

That sounds deeply awkward and exposing, especially because you reasonably expected your bedroom to be private. You didn't need to have the "perfect" response in the moment. Freezing, covering yourself, leaving, or saying nothing are all very normal reactions to being unexpectedly walked in on naked.

In the moment, something simple would have been enough: "Oh my God—please get out," or "I didn't know anyone was coming in." You didn't owe the guy reassurance or an attempt to make it less awkward for him.

With your boyfriend, I'd focus less on blaming him for an accident and more on the privacy boundary that was missed. You could say:

I need to tell you that what happened really upset and embarrassed me. When you gave him our room key, I had no idea anyone might come into the room. I walked out of the bathroom naked and he was suddenly there.

I know you probably didn't intend for that to happen, but I need our room to feel private, especially if I'm sleeping, showering or getting changed. In future, please don't give someone our key or tell them they can come into the room without checking with me first.

If what is bothering you most is that your boyfriend seems dismissive about it, rather than the accidental walk-in itself, that's worth saying explicitly too. A caring response from him would be to understand why you felt exposed, apologize for putting you in that situation, and agree on a clearer boundary for the rest of the holiday.