Stabilization after Discovery - Practice worksheet

Map current needs for rest, privacy, practical help, and individual clinical support without requiring a detailed account of the betrayal.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee feels overwhelmed and is unsure what to decide.

Use an ordinary or fictional example, with a clinician when appropriate. Immediate support and practical needs can come before major relationship decisions.

Practice task

Map current needs for rest, privacy, practical help, and individual clinical support without requiring a detailed account of the betrayal.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What would make the next day more manageable?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Joint work requires private assessment of coercion, violence, fear, and retaliation. Do not require graphic disclosure, passwords, surveillance, reconciliation, forgiveness, or sexual contact. Accountability for deception is not assigned to the hurt partner. Support individual agency and appropriate medical, legal, or safety consultation without using this worksheet as professional advice.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Integrative Model of Affair Recovery. Full source links and scope: library.morethantherapy.org/recovery/resources/INF-A01-2