My Choices Remain Mine - Review journal

Review an attempt at my choices remain mine and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee feels pressure from others to make an immediate relationship choice.

Use an ordinary or fictional example, with a clinician when appropriate. Recovery does not require reconciliation, separation, or forgiveness on a deadline.

Practice task

List decisions that can wait, decisions needing practical attention, and support for making them voluntarily.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which decision needs more time or independent support? My optional adjustment or support request:

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-A02-5