Safety before Joint Work - Review journal

Review an attempt at safety before joint work and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: A fictional person fears punishment for asking questions about a relationship breach.

Use an ordinary or fictional example, with a clinician when appropriate. Joint repair depends on freedom from coercion, violence, and retaliation.

Practice task

Privately identify questions about safety and control to discuss with a clinician before any joint disclosure or vulnerability exercise.

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. What assessment or individual support must come first? 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-A03-5