Questions with a Clinical Container - Review journal

Review an attempt at questions with a clinical container and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee wants clarity about ongoing contact but does not want explicit imagery.

Use an ordinary or fictional example, with a clinician when appropriate. Questions can be paced to reduce avoidable harm and preserve informed choice.

Practice task

With a qualified clinician, sort questions into practical information, relationship meaning, and potentially distressing detail; no graphic disclosure is required.

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 information supports decisions, and what might add distress without helping? 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-A05-5