Impact without a Debate - Practice worksheet

Practice a brief impact statement and an accurate acknowledgment in a fictional or clinician-supported setting.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee describes difficulty concentrating after learning of a breach.

Use an ordinary or fictional example, with a clinician when appropriate. A person's reported impact can be heard without arguing them out of it.

Practice task

Practice a brief impact statement and an accurate acknowledgment in a fictional or clinician-supported setting.

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

2. My response to the practice task above:

3. What response shows understanding without promising a feeling will disappear?

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-A07-2