Impact without a Debate - Review journal

Review an attempt at impact without a debate and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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 response shows understanding without promising a feeling will disappear? 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-A07-5