Transparency with Consent - Practice worksheet

Compare information-sharing options, privacy needs, limits, and the right to seek independent guidance.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee and Quinn consider how to discuss future contact without exchanging every password.

Use an ordinary or fictional example, with a clinician when appropriate. Transparency should be negotiated rather than imposed through coercive monitoring.

Practice task

Compare information-sharing options, privacy needs, limits, and the right to seek independent guidance.

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

2. My response to the practice task above:

3. What would informed consent look like for this arrangement?

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-A09-2