Transparency with Consent - Review journal

Review an attempt at transparency with consent and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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 would informed consent look like for this arrangement? 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-A09-5