Pausing a Difficult Conversation - Practice worksheet

Create a pause phrase, separate regulation options, and a mutually feasible time to revisit the topic if appropriate.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee and Quinn notice the discussion becoming too fast and repetitive.

Use an ordinary or fictional example, with a clinician when appropriate. A pause can preserve safety when it includes a realistic return or support plan.

Practice task

Create a pause phrase, separate regulation options, and a mutually feasible time to revisit the topic if appropriate.

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

2. My response to the practice task above:

3. How can a pause avoid becoming abandonment or forced pursuit?

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-A12-2