Grief for the Assumed Relationship - Practice worksheet

Name expectations or meanings that changed and identify support without prescribing stages or closure.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee misses the certainty they previously felt.

Use an ordinary or fictional example, with a clinician when appropriate. Grief can concern lost expectations as well as the relationship's future.

Practice task

Name expectations or meanings that changed and identify support without prescribing stages or closure.

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

2. My response to the practice task above:

3. What loss needs acknowledgment without being rushed toward a lesson?

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-A13-2