Rebuilding or Separating with Care - Review journal

Review an attempt at rebuilding or separating with care and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee is exploring whether to continue the relationship and wants practical clarity.

Use an ordinary or fictional example, with a clinician when appropriate. Planning can support either repair or separation without privileging an outcome.

Practice task

Map practical needs, personal priorities, and appropriate professional consultation for the path currently being considered.

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 support agency whichever path you choose? 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-A18-5