Stabilization after Discovery - Concept brief

Understand the idea behind stabilization after discovery and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee feels overwhelmed and is unsure what to decide.

The idea

Immediate support and practical needs can come before major relationship decisions.

An ordinary example

Lee feels overwhelmed and is unsure what to decide.

What this can look like

Map current needs for rest, privacy, practical help, and individual clinical support without requiring a detailed account of the betrayal.

Check the fit

What would make the next day more manageable? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Understanding relationship context does not transfer responsibility for deception to the hurt partner or require a particular relationship outcome.

Reflection

What would make the next day more manageable?

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-A01-1