My Choices Remain Mine - Concept brief

Understand the idea behind my choices remain mine and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee feels pressure from others to make an immediate relationship choice.

The idea

Recovery does not require reconciliation, separation, or forgiveness on a deadline.

An ordinary example

Lee feels pressure from others to make an immediate relationship choice.

What this can look like

List decisions that can wait, decisions needing practical attention, and support for making them voluntarily.

Check the fit

Which decision needs more time or independent support? 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

Which decision needs more time or independent support?

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-A02-1