# My Choices Remain Mine - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Recovery does not require reconciliation, separation, or forgiveness on a deadline.

### Practice task

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

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

### 2. My response to the practice task above:

### 3. Which decision needs more time or independent support?

### 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-A02-2