Safety before Joint Work - Concept brief

Understand the idea behind safety before joint work and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A fictional person fears punishment for asking questions about a relationship breach.

The idea

Joint repair depends on freedom from coercion, violence, and retaliation.

An ordinary example

A fictional person fears punishment for asking questions about a relationship breach.

What this can look like

Privately identify questions about safety and control to discuss with a clinician before any joint disclosure or vulnerability exercise.

Check the fit

What assessment or individual support must come first? 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 assessment or individual support must come first?

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-A03-1