Defining the Agreement Breach - Concept brief

Understand the idea behind defining the agreement breach and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee and Quinn had different stated expectations about private contact with another person.

The idea

Betrayal concerns the actual relationship agreements rather than assumptions about one relationship model.

An ordinary example

Lee and Quinn had different stated expectations about private contact with another person.

What this can look like

Describe the agreement as each person understood it, what is known to have been breached, and what remains unclear.

Check the fit

Which agreements need clarification without excusing deception? 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 agreements need clarification without excusing deception?

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-A04-1