Defining the Agreement Breach - Review journal

Review an attempt at defining the agreement breach and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Betrayal concerns the actual relationship agreements rather than assumptions about one relationship model.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which agreements need clarification without excusing deception? My optional adjustment or support request:

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-A04-5