Questions with a Clinical Container - Concept brief

Understand the idea behind questions with a clinical container and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee wants clarity about ongoing contact but does not want explicit imagery.

The idea

Questions can be paced to reduce avoidable harm and preserve informed choice.

An ordinary example

Lee wants clarity about ongoing contact but does not want explicit imagery.

What this can look like

With a qualified clinician, sort questions into practical information, relationship meaning, and potentially distressing detail; no graphic disclosure is required.

Check the fit

What information supports decisions, and what might add distress without helping? 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 information supports decisions, and what might add distress without helping?

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-A05-1