Boundaries for the Next Week - Concept brief

Understand the idea behind boundaries for the next week and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee wants a predictable check-in time rather than constant questioning.

The idea

Short-term agreements can create predictability while longer-term choices remain open.

An ordinary example

Lee wants a predictable check-in time rather than constant questioning.

What this can look like

Choose a limited, voluntary agreement about contact, privacy, or scheduling and set a review time; exclude forced surveillance.

Check the fit

What agreement is clear, consensual, and reviewable? 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 agreement is clear, consensual, and reviewable?

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-A08-1