# Trust through Observable Actions - Review journal

Review an attempt at trust through observable actions and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Quinn agrees to communicate a relevant plan change at an agreed time.

Use an ordinary or fictional example, with a clinician when appropriate. Trust cannot be demanded and may be influenced by consistent behavior over time.

### Practice task

Identify one realistic commitment, how it can be observed without surveillance, and what happens if it is not kept.

### 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. What action can be offered without claiming it guarantees trust? 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-A10-5