Trigger and Grounding Plan - Concept brief

Understand the idea behind trigger and grounding plan and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee finds a familiar location unexpectedly upsetting.

The idea

Reminders of betrayal can be met with individualized support and choice.

An ordinary example

Lee finds a familiar location unexpectedly upsetting.

What this can look like

Map an ordinary reminder, current reactions, an external grounding option, and a support request without exposure practice.

Check the fit

What would help in the moment without requiring a discussion immediately? 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 would help in the moment without requiring a discussion immediately?

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-A11-1