Pausing a Difficult Conversation - Concept brief

Understand the idea behind pausing a difficult conversation and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee and Quinn notice the discussion becoming too fast and repetitive.

The idea

A pause can preserve safety when it includes a realistic return or support plan.

An ordinary example

Lee and Quinn notice the discussion becoming too fast and repetitive.

What this can look like

Create a pause phrase, separate regulation options, and a mutually feasible time to revisit the topic if appropriate.

Check the fit

How can a pause avoid becoming abandonment or forced pursuit? 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

How can a pause avoid becoming abandonment or forced pursuit?

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-A12-1