Pausing a Difficult Conversation - Review journal

Review an attempt at pausing a difficult conversation and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A pause can preserve safety when it includes a realistic return or support plan.

Practice task

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

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. How can a pause avoid becoming abandonment or forced pursuit? 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-A12-5