# Grief for the Assumed Relationship - Concept brief

Understand the idea behind grief for the assumed relationship and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee misses the certainty they previously felt.

## The idea

Grief can concern lost expectations as well as the relationship's future.

## An ordinary example

Lee misses the certainty they previously felt.

## What this can look like

Name expectations or meanings that changed and identify support without prescribing stages or closure.

## Check the fit

What loss needs acknowledgment without being rushed toward a lesson? 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 loss needs acknowledgment without being rushed toward a lesson?

## 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-A13-1