Grief for the Assumed Relationship - Review journal

Review an attempt at grief for the assumed relationship and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee misses the certainty they previously felt.

Use an ordinary or fictional example, with a clinician when appropriate. Grief can concern lost expectations as well as the relationship's future.

Practice task

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

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 loss needs acknowledgment without being rushed toward a lesson? 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-A13-5