Self-Blame and Responsibility - Concept brief

Understand the idea behind self-blame and responsibility and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee wonders whether being busy caused Quinn's deception.

The idea

Responsibility for deceptive choices should not be shifted to the hurt partner.

An ordinary example

Lee wonders whether being busy caused Quinn's deception.

What this can look like

Separate relationship difficulties from the choices involved in breaking an agreement and note what remains uncertain.

Check the fit

What responsibility belongs to each person without assigning blame for another's choices? 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 responsibility belongs to each person without assigning blame for another's choices?

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-A14-1