Self-Blame and Responsibility - Review journal

Review an attempt at self-blame and responsibility and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Responsibility for deceptive choices should not be shifted to the hurt partner.

Practice task

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

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 responsibility belongs to each person without assigning blame for another's choices? 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-A14-5