Sexual Health Conversation Prep - Concept brief

Understand the idea behind sexual health conversation prep and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee wants an independent medical conversation before resuming sexual contact.

The idea

Sexual health decisions require informed consent and qualified medical advice.

An ordinary example

Lee wants an independent medical conversation before resuming sexual contact.

What this can look like

Prepare questions for a healthcare professional about testing, protection, symptoms, and timing without offering testing or treatment instructions.

Check the fit

What information would support a freely chosen decision? 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 information would support a freely chosen decision?

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-A15-1