Sexual Health Conversation Prep - Review journal

Review an attempt at sexual health conversation prep and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Sexual health decisions require informed consent and qualified medical advice.

Practice task

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

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 information would support a freely chosen decision? 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-A15-5