Intimacy without Pressure - Concept brief

Understand the idea behind intimacy without pressure and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee wants shared meals but is not ready for physical affection.

The idea

Emotional or physical intimacy is optional and cannot be used as proof of forgiveness.

An ordinary example

Lee wants shared meals but is not ready for physical affection.

What this can look like

Identify wanted, uncertain, and unwanted forms of connection, including a right to change one's mind.

Check the fit

How will consent and changing preferences be respected? 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

How will consent and changing preferences be respected?

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-A16-1