Intimacy without Pressure - Practice worksheet

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

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Emotional or physical intimacy is optional and cannot be used as proof of forgiveness.

Practice task

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

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. How will consent and changing preferences be respected?

4. An optional next step, support, adaptation, or reason to stop:

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-A16-2