Intimacy without Pressure - Review journal

Review an attempt at intimacy without pressure and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 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. 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. How will consent and changing preferences be respected? 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-A16-5