Support Network Boundaries - Concept brief

Understand the idea behind support network boundaries and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee wants one friend for practical support and a clinician for processing.

The idea

Support can be sought while protecting privacy and avoiding isolation.

An ordinary example

Lee wants one friend for practical support and a clinician for processing.

What this can look like

Choose trusted people, what may be shared, and what kind of help is wanted; do not require secrecy about harm.

Check the fit

Who can help without taking over your decisions? 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

Who can help without taking over your decisions?

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-A17-1