Support Network Boundaries - Review journal

Review an attempt at support network boundaries and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Support can be sought while protecting privacy and avoiding isolation.

Practice task

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

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. Who can help without taking over your decisions? 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-A17-5