Rebuilding or Separating with Care - Concept brief

Understand the idea behind rebuilding or separating with care and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Lee is exploring whether to continue the relationship and wants practical clarity.

The idea

Planning can support either repair or separation without privileging an outcome.

An ordinary example

Lee is exploring whether to continue the relationship and wants practical clarity.

What this can look like

Map practical needs, personal priorities, and appropriate professional consultation for the path currently being considered.

Check the fit

What would support agency whichever path you choose? 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

What would support agency whichever path you choose?

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-A18-1