Repair Review without a Scorecard - Concept brief

Understand the idea behind repair review without a scorecard and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Quinn kept one commitment, while Lee still feels uncertain.

The idea

Review can examine actions and impact without demanding equal emotional progress.

An ordinary example

Quinn kept one commitment, while Lee still feels uncertain.

What this can look like

Compare a recent agreement with what happened and identify what needs acknowledgment, revision, or independent support.

Check the fit

What can be recognized without treating uncertainty as failure? 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 can be recognized without treating uncertainty as failure?

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-A19-1