Repair Review without a Scorecard - Review journal

Review an attempt at repair review without a scorecard and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Review can examine actions and impact without demanding equal emotional progress.

Practice task

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

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. What can be recognized without treating uncertainty as failure? 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-A19-5