A Longer-Term Recovery Map - Review journal

Review an attempt at a longer-term recovery map and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee wants a plan that leaves the relationship outcome open.

Use an ordinary or fictional example, with a clinician when appropriate. Recovery may involve ongoing meaning-making, boundaries, and support.

Practice task

Create a flexible map of personal care, relational work if chosen, practical tasks, and review points without setting a forgiveness deadline.

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 should remain open rather than decided for the sake of completing the plan? 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-A20-5