# Stabilization after Discovery - Review journal

Review an attempt at stabilization after discovery and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee feels overwhelmed and is unsure what to decide.

Use an ordinary or fictional example, with a clinician when appropriate. Immediate support and practical needs can come before major relationship decisions.

### Practice task

Map current needs for rest, privacy, practical help, and individual clinical support without requiring a detailed account of the betrayal.

### 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 would make the next day more manageable? 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-A01-5