Defining the Agreement Breach - Practice worksheet

Describe the agreement as each person understood it, what is known to have been breached, and what remains unclear.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee and Quinn had different stated expectations about private contact with another person.

Use an ordinary or fictional example, with a clinician when appropriate. Betrayal concerns the actual relationship agreements rather than assumptions about one relationship model.

Practice task

Describe the agreement as each person understood it, what is known to have been breached, and what remains unclear.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which agreements need clarification without excusing deception?

4. An optional next step, support, adaptation, or reason to stop:

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-A04-2