# Questions with a Clinical Container - Practice worksheet

With a qualified clinician, sort questions into practical information, relationship meaning, and potentially distressing detail; no graphic disclosure is required.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee wants clarity about ongoing contact but does not want explicit imagery.

Use an ordinary or fictional example, with a clinician when appropriate. Questions can be paced to reduce avoidable harm and preserve informed choice.

## Practice task

With a qualified clinician, sort questions into practical information, relationship meaning, and potentially distressing detail; no graphic disclosure is required.

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

### 2. My response to the practice task above:

### 3. What information supports decisions, and what might add distress without helping?

### 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-A05-2