Boundaries for the Next Week - Review journal

Review an attempt at boundaries for the next week and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Lee wants a predictable check-in time rather than constant questioning.

Use an ordinary or fictional example, with a clinician when appropriate. Short-term agreements can create predictability while longer-term choices remain open.

Practice task

Choose a limited, voluntary agreement about contact, privacy, or scheduling and set a review time; exclude forced surveillance.

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 agreement is clear, consensual, and reviewable? 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-A08-5