Self-Blame and Responsibility - Practice worksheet

Separate relationship difficulties from the choices involved in breaking an agreement and note what remains uncertain.

Adults; supported use as appropriate | 15 minutes

Fictional example: Lee wonders whether being busy caused Quinn's deception.

Use an ordinary or fictional example, with a clinician when appropriate. Responsibility for deceptive choices should not be shifted to the hurt partner.

Practice task

Separate relationship difficulties from the choices involved in breaking an agreement and note what remains uncertain.

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

2. My response to the practice task above:

3. What responsibility belongs to each person without assigning blame for another's choices?

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-A14-2