

Disclosure Process Worksheet for Betrayers

This worksheet correlates to exercises in
Coupled Recovery: Disclosure Booklet A – the Betrayer’s Disclosure Process booklet

1. When would you like to aim to have the letter completed by? _____
2. How are you going to protect the document while writing it?

3. How will you respond to your partner’s request for information around your betrayal?
 - a. What phrase will you use?

 - b. What steps will you take to make sure their questions are heard and included in the disclosure process?

4. What format will you use (patterns vs. specifics)?

5. Ask your partner for any questions they’d like included in the letter
 - a. When would you ask that they get those to you by (usually at least a month before the presentation of the letter for “what and how” questions, at least two months before the presentation of the letter for “why” questions)? _____
 - b. Would your partner like their therapist to review each letter and provide edits? _____
 - c. If so, what date will you have a completed and edited draft to your partner’s therapist (usually a minimum of two weeks before the presentation of the letter)? _____
 - d. Would your partner like a Financial Disclosure done as well? _____
6. Are you including a polygraph? If yes . . .
 - a. Would your partner prefer it before or after the “what and how” letter? _____
 - b. If before, please schedule the polygraph several days before the scheduled presentation of your letter. Contact the polygrapher about a month before to ensure an appointment at the appropriate time. When do you need to contact the polygrapher by? _____
 - c. Is there a specific polygrapher your partner would prefer you to use? _____
7. Scheduling the presentation of a disclosure letter –
 - a. Referring to question one, what anniversaries or special days are around the date the letter will be completed by? _____
 - b. What do you and your partner have scheduled around that date?

 - c. What specific day would be best for you, your partner, and both your therapists for the presentation of the letter (note – in some cases, it’s better to answer this question when the letter is done or almost done)?

8. For the day of the presentation of the disclosure letter, complete a “Plan for the Day of the Disclosure Worksheet”