

Disclosure Process Worksheet for Partners

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

1. When would you like to aim to have the letter completed by? _____
2. How are you going to protect your notes, journals, and impact letter as you write it?

3. How would you like your significant other to respond to your request for information around their betrayal?
 - a. What phrase will they use?

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

4. What format would you like used in the What & How letter (patterns vs. specifics)?

5. Work with your therapist to create a list of any questions you’d like included in the letter. Please note – it is not your responsibility to make sure you ask the “right questions” to get the truth, it is your significant other’s responsibility to offer complete and truthful information to you without you needing to prompt them.
 - a. When do you need to have your questions to them by (usually at least a month before the presentation of the letter for What & How questions, at least two months before the presentation of the letter for Why questions)? _____
 - b. Would you like your therapist to review each letter and provide edits? _____
 - c. Would you like a Financial Disclosure done as well? _____
6. Are you requesting they include a polygraph? _____ If yes, 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 significant other have scheduled around that date?

 - c. What specific day would be best for you, your significant other, 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