

Plan for the Day of Disclosure

At least several days before any letter connected to the disclosure process is read, process with your individual therapist or group how you are going to make this experience a success for you. This cannot be based on what your significant other says or does. How are you going to show up for yourself? How are you going to use this experience to change individual or relational patterns? For example, perhaps you have struggled to identify when you need support and know how to ask for it and accept it. Perhaps you have defaulted into rescuing by minimizing your emotions or persecuting by not controlling your emotions. Refer to the Coupled Recovery™ Disclosure booklets for more information. In the space below, detail what would make this experience a success for YOU (again, not based on anything someone else does or says).

1. Who is taking care of the kids/pets/house?

2. If applicable, what explanations will be given to kids and/or family members or friends?

3. How am I getting to the office?

4. What do I need to bring with me (i.e., jewelry or clothing that reminds me of my support team, packed suitcase for a hotel stay or a stay at a friend's house, etc.)?

5. What setup is the partner most comfortable using to present the letter (i.e., what room would they like it read it, how would they like breakouts to be structured, etc.)?

6. Who is on my support team for that day and how will I receive support from each of them?

7. What level of communication with I have with my significant other for the next 24 hours? What boundaries do we have around that communication (format, person who instigates it, what it can include)?

8. How will contact from or new information about any affair partners be communicated? How will emergencies be handled?

9. Where am I going after the disclosure and who will I be with?

10. Where am I staying that night?

11. What am I doing the day after?

12. Who can I contact that day for support?

13. When is my next session with my individual therapist?

