



## *disclosure prep worksheets for the disclosing partner, continued*

For your relationship?

---

---

---

---

---

How much do you believe your partner already knows about your acting out history?

---

---

---

---

---

What do you think your partner's reaction to your Disclosure will be? What are the worst-case and best-case scenarios that you can imagine?

---

---

---

---

---

What pieces of your story are you reluctant to tell and considering keeping secret? Why are these the scariest parts to consider telling? What are you afraid will happen if you disclose these details?

---

---

---

---

---



# *disclosure prep worksheets* *for the betrayed partner, continued*

## THE DISCLOSURE PROCESS

<b>DAY ONE (2 HOURS)</b>	
<b>Individual Prep Time (15 minutes)</b>	<ul style="list-style-type: none"><li>■ Each client works with his or her therapist to recall grounding tools, listening boundaries, and safety elements.</li></ul>
<b>Couple's Disclosure Session (45-60 minutes)</b>	<ul style="list-style-type: none"><li>■ Addict gives and partner receives Disclosure.</li><li>■ Addict and partner ask questions and process information together.</li></ul>
<b>Individual Sessions (30 minutes)</b>	<ul style="list-style-type: none"><li>■ Process information and feelings.</li><li>■ Identify boundaries needed over next 48 hours.</li><li>■ Review and alter self-care plan as needed.</li></ul>
<b>Couple's Session (15 minutes)</b>	<ul style="list-style-type: none"><li>■ Establish general boundaries for next 48 hours.</li><li>■ Establish communication boundaries around Disclosure content for next 48 hours.</li></ul>
<b>DAY TWO (INDIVIDUAL THERAPY SESSIONS)</b>	
<b>Partner's Session</b>	<ul style="list-style-type: none"><li>■ Review Disclosure document, process information and feelings.</li><li>■ Identify boundaries needed.</li><li>■ Review and finalize list of questions to ask in upcoming couple's session.</li></ul>
<b>Addicted Individual's Session</b>	<ul style="list-style-type: none"><li>■ Process information and feelings.</li><li>■ Work through shame, fear, defensiveness.</li><li>■ Prepare to answer questions at the couple's session openly and honestly.</li></ul>
<b>DAY THREE</b>	
<b>Couple's Session</b>	<ul style="list-style-type: none"><li>■ Partner asks questions and receives answers.</li><li>■ Partner expresses feelings and addict receives them.</li><li>■ Boundaries are established for moving forward.</li><li>■ Plan for ongoing therapeutic support is made.</li></ul>