

## 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”