

FULL THERAPEUTIC DISCLOSURES

— A PATH TO TRUTH. A FOUNDATION FOR HEALING. —

Full Therapeutic Disclosure is a structured process that promotes honesty, accountability, and clarity to help couples move from secrecy and uncertainty toward meaningful healing and real connection.



LESSONS ON THE TRAIL
Your Journey to Progress

PURPOSE



End deception and secrecy.



Reduce uncertainty and obsessive questioning.



Create a shared reality and emotional safety.



Build the foundation for healing, growth, and informed choices.

The goal is not punishment. The goal is truth, accountability, and the possibility of healing.

THE STRUCTURE: A JOURNEY TOWARD TRUTH

1



PREPARATION PHASE

- Both partners work individually with their Therapist/Coach.
- The disclosing partner prepares a detailed disclosure document.
- The betrayed partner prepares emotionally and identifies needs.
- Therapists/Coaches determine appropriate scope and boundaries.

2



THE DISCLOSURE SESSION

- Takes place in the Therapist/Coach's office with both Therapists/Coaches present.
- The disclosure document is read in a safe, structured setting.
- Includes timelines of behaviors, lies, omissions, and boundary violations.
- Focus is on honesty, accountability, and empathy.

3



CLARIFICATION & QUESTIONS

- The betrayed partner may ask clarifying and safety-related questions.
- Therapists/Coaches help keep the process regulated, respectful, and purposeful.

4



VERIFICATION (SOMETIMES)

- A polygraph or other accountability tools may be used to encourage thoroughness of disclosure.
- Helps reduce ongoing suspicion and promote safety.

5



INTEGRATION & NEXT STEPS

- Continued therapy, processing, and healing.
- Rebuilding trust through consistent transparency and accountability.
- Creating a new, healthy foundation for the future.

GUIDING VALUES



EMPATHY

Holding compassion for the pain of both partners.



HONESTY

Telling the truth fully and taking responsibility.



SAFETY

Creating a structured, therapeutic space for truth to be shared.



GROWTH

Choosing healing, self-awareness, and a better future.



This process is not about blame or punishment. It is about ending secrecy, reducing uncertainty, and opening the door to healing.

THE PROCESS CONTINUES: 3 MILESTONES ON THE PATH TO HEALING

MILESTONE 1

THE PERSON IN RECOVERY READS THEIR DISCLOSURE DOCUMENT

The person in recovery reads aloud their Disclosure Document in session, creating a shared real reality built on truth, transparency, and accountability.

MILESTONE 2

THE PARTNER WRITES AN IMPACT LETTER

The betrayed partner writes an Impact Letter describing how the behaviors and betrayal affected them. This voice is essential for healing.

MILESTONE 3

THE PERSON IN RECOVERY WRITES A RESTITUTION LETTER

The person in recovery writes a Restitution Letter taking full responsibility, expressing remorse, and committing to making amends and future change.



This is not the end of the journey.
It is the beginning of living in truth.



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(480) 521-4313



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