

REVEAL

Reveal Practice Guide

Naming What's True Beneath the Surface

A Renovi Flow Practice Guide from
Renovi Relational Therapy

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We can't renew what we refuse to reveal.

A guided practice for moving from surface reaction to deeper truth - with honesty, humility,
safety, timing, and care.

Purpose

Reveal is the first movement of the Renovi Flow because renewal begins with reality. This guide helps you slow down, notice what is happening beneath the surface, and name the deeper truth with wisdom, humility, and care.

Reveal is not reckless honesty. It is not blaming, venting, or saying everything you feel in every moment. Reveal brings truth into the light in a way that can open the door to healing, repair, and deeper connection.

Sometimes truth needs to be revealed first to God. Sometimes it needs to be admitted first to yourself. Sometimes it belongs with a trusted person. And sometimes, when there is enough safety, it needs to be brought into the relationship where disconnection happened.

The big idea

**What stays hidden often stays powerful. What stays unnamed often stays unresolved.
What we keep protecting often keeps shaping the way we relate.**

The Reveal Practice

Settle → Sense → Reveal → Respond

Move through these four practices at a pace that supports honesty and steadiness. You do not have to force an answer. Curiosity is a good place to begin.

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SETTLE

Slow down enough to move from reaction toward presence.

Before you try to name what is true, pause. What is happening in your body right now?

- | | |
|---|--|
| ☐ Tight chest | ☐ Racing thoughts |
| ☐ Shallow breathing | ☐ Heat in face or body |
| ☐ Stomach drop | ☐ Shoulder or jaw tension |
| ☐ Numbness | ☐ Urge to leave |
| ☐ Urge to defend | ☐ Urge to fix |
| ☐ Urge to shut down | ☐ Urge to attack |
| ☐ Urge to keep the peace | ☐ Other: _____ |

A helpful sentence: "I need a moment to settle before I respond."

What am I feeling?

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|------------------------------------|---------------------------------------|---------------------------------------|
| ☐ Hurt | ☐ Angry | ☐ Sad |
| ☐ Afraid | ☐ Ashamed | ☐ Lonely |
| ☐ Confused | ☐ Overwhelmed | ☐ Disappointed |
| ☐ Dismissed | ☐ Anxious | ☐ Resentful |
| ☐ Numb | ☐ Other: _____ | |

What story did I start telling myself?

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|--|--|
| ☐ I don't matter. | ☐ I'm alone. |
| ☐ I'm too much. | ☐ I'm not enough. |
| ☐ I'm failing. | ☐ I'm not safe. |
| ☐ I have to fix this. | ☐ I have to protect myself. |
| ☐ They don't care. | ☐ I can't say what I feel. |
| ☐ Other: _____ | |

What am I trying to protect?

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|--|--|
| ☐ My worth | ☐ My voice |
| ☐ My dignity | ☐ My safety |
| ☐ My independence | ☐ My need to matter |
| ☐ My desire to be loved | ☐ My sense of belonging |
| ☐ My peace | ☐ My trust |
| ☐ Other: _____ | |

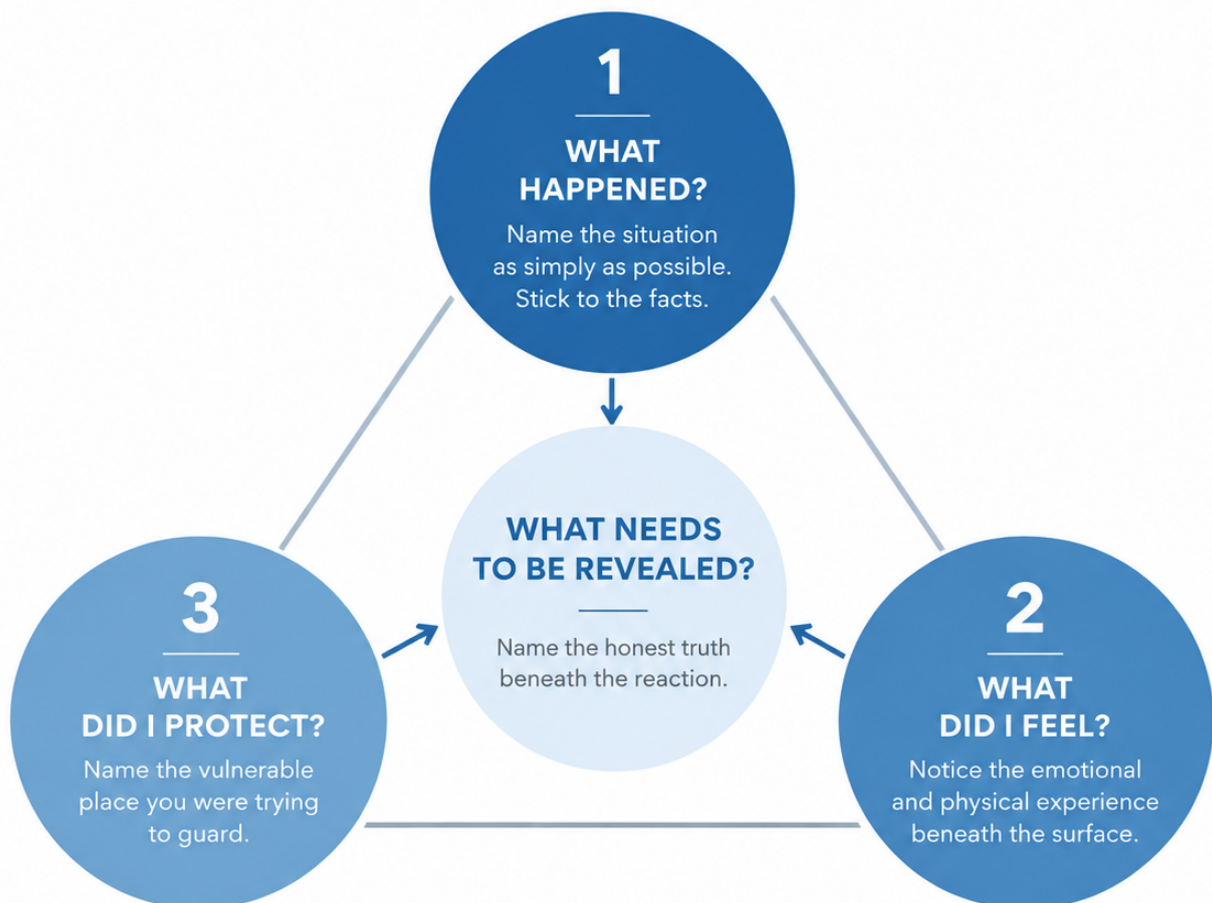
Notes

THE REVEAL TRIANGLE

FROM REACTION TO A DEEPER TRUTH

Use the Reveal Triangle to slow down and move beneath the surface. Start by naming what happened, then explore what you felt, and finally consider what you were trying to protect.

These three pieces help you uncover the deeper truth that needs to be revealed.



Practice the Reveal Triangle

Move through the triangle in order. Begin with the facts of what happened. Then notice your emotional and physical experience. Finally, consider what vulnerable place you were trying to guard. Let those three pieces lead you toward the deeper truth.

Go slowly. You are not trying to force an answer or judge your reaction. You are making space to notice what is true.

Your triangle

1. What happened? Name the situation simply. Stick to the facts.

2. What did I feel? Notice the emotional and physical experience beneath the surface.

3. What did I protect? Name the vulnerable place you were trying to guard.

What needs to be revealed? Write the honest truth beneath the reaction.

Reveal is not about saying the harshest version of what you feel. It is about naming the truest version of what is happening inside you.

Complete one or two of these sentence starters:

What I'm noticing is...

What I'm feeling is...

What I think I started to believe in that moment is...

What I'm afraid of is...

What I'm trying to protect is...

What feels vulnerable to say is...

What I need to own is...

A helpful Reveal sentence: "I'm not blaming you for all of this, but I want to be honest about what happened in me."

Now write your Reveal statement:

Once you have named what is true, ask: What would wisdom, love, and connection ask of me next?

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|---|---|
| ☐ Pray about this first. | ☐ Journal before sharing. |
| ☐ Talk with a trusted person. | ☐ Ask a counselor, pastor, coach, or mentor for support. |
| ☐ Wait for a better time to share. | ☐ Share this with the person involved. |
| ☐ Ask a clarifying question. | ☐ Take ownership for my part. |
| ☐ Set a needed boundary. | ☐ Invite repair. |
| ☐ Other: _____ | |

My next faithful response is:

Before You Share

Reveal includes discernment. Not every true thing needs to be shared with every person in every moment.

Is this the right person?

Is this the right time?

Is there enough safety for this level of honesty?

Am I sharing to connect, or am I reacting to protect?

Can I say this with ownership instead of accusation?

From Reaction to Reveal

Practice turning reactive language into revealing language. The goal is not to make the reaction wrong; it is to listen for the softer truth underneath it.

REACTION	REVEAL
“You never listen.”	“I felt dismissed in that moment, and I think I need to know that what I’m saying matters to you.”
REACTION	REVEAL
“You’re so controlling.”	“I’m feeling pressured, and something in me wants to push back. I want to understand what you need without losing my own voice.”
REACTION	REVEAL
“I’m fine.”	“I’m not ready to talk yet, but I can tell I’m hurt and starting to shut down.”
REACTION	REVEAL
“Whatever. Do what you want.”	“I’m disappointed, but I’m having a hard time saying that without feeling needy or weak.”

Try your own

My reaction sounded like:

The deeper truth I want to reveal is:

Closing Reflection

Take a quiet moment. You are not trying to produce the perfect insight - only to make a little more room for what is true.

What is true that I haven't yet been able to name?

Where does this truth need to be held first?

- | | |
|--|---|
| ☐ With God | ☐ With myself |
| ☐ With a trusted person | ☐ With the person involved |
| ☐ With professional support | |

What support, boundary, or next step would help me hold this truth with care?

Remember

Reveal is not reckless honesty.

Reveal is truth held with wisdom, humility, safety, timing, and care.

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