

Phase One

Preparation & Planning

INITIAL COUPLES PLANNING SESSION (90 MINUTES)

- Overview of the FTD process and timeline
- Establishing expectations and ground rules
- Pre-disclosure and post-disclosure planning
- Q&A about the process
- Understanding roles (your coach, his coach/therapist, both of you)

INDIVIDUAL WORKBOOK REVIEW SESSION (60 MINUTES)

- Receive your comprehensive FTD Preparation Workbook
- Walk through each section together
- Begin identifying what you need to know vs. what details aren't helpful
- Establish personal boundaries for disclosure content

DISCLOSURE BOUNDARIES SESSION (60 MINUTES)

- Finalize your disclosure checklist (what you want/don't want to hear)
- Review and solidify your decisions before submitting to his therapist/coach
- Process any fears or concerns about what you'll learn
- Prepare emotionally for receiving truth

PRE-DISCLOSURE PREPARATION SESSION (60 MINUTES)

- Scheduled one week before FD date
- Review final questions and logistical details
- confirm post-disclosure self-care plans
- Prayer and grounding for the week ahead

Phase Two

The Disclosure Experience

FULL THERAPEUTIC
DISCLOSURE DAY SUPPORT
(4 HOURS)

POST-DISCLOSURE
INDIVIDUAL PROCESSING
SESSION (60 MINUTES)

- Present throughout the entire disclosure session
- Provide emotional support and grounding
- Help you process in real-time
- Ensure the process stays structured and safe
- Advocate for your needs during the session

- Scheduled within 2-3 days after FTD
- Process immediate reactions and emotions
- Address any new questions or concerns
- Review self-care implementation
- Plan next steps for your healing

Phase Three

Integration & Moving Forward

COUPLES OUTCOME SESSION (90 MINUTES)

- Review of the disclosure experience
- Outcome report and observations
- Recommendations for ongoing recovery (individual and couple)
- Discussion of next steps and continued support needs
- Establishing new boundaries and expectations going forward

Resources & Materials

FTD PREPARATION WORKBOOK

Your guided companion through the entire process, including:

- Complete explanation of the FTD process
- Timeline and what to expect at each stage
- Comprehensive checklist to identify what you want to know and what details to omit
- Space for journaling and reflection
- Post-disclosure processing pages

DOS & DON'TS GUIDE

Practical guidance for the waiting period:

- What to do (and not to do) while awaiting the FTD
- Communication guidelines with your spouse
- How to manage triggers and intense emotions
- When to reach out for support
- Protecting your mental health during preparation

SELF-CARE STRATEGY GUIDE

Three-phase self-care planning:

- PRE-FTD: Build resilience and preparing emotionally
- DURING FTD: Grounding techniques and support strategies
- POST-FTD: Recovery, processing, and ongoing wellness

FAITH-BASED SUPPORT RESOURCES

- Scripture prompts for daily meditation and strength
- Journaling prompts rooted in biblical truth
- Curated list of worship songs for comfort and hope
- Prayer guides for different moments in the process

REFERRAL SUPPORT

- Assistance connecting your spouse with a qualified therapist/coach for his FTD preparation (if needed)
- Recommended resources for ongoing recovery support