

Suggestions for Full Disclosure

Write out a complete disclosure of all your problematic sexual activities. Think out loud on paper and focus for now on getting it all down for your own benefit.

Sort out the facts and dates and all that has happened. Plan to work on this in stages. You may well have to do a lot of editing as you recall things over time.

Compose it as a letter to your partner (or any other important person if single). But don't focus on any thought of showing it to them right now; the fear may interfere with this exercise. Just keep the potential reader in mind as you clearly explain your past behaviors.

When you're done, you may want to show a trusted advisor who understands these matters.

Be thorough

Give all relevant information:

1. Types of sexual acting out behaviors.
2. The time frames you engaged in them, approximately.
3. The estimated frequency of these behaviors.
4. The number of sexual partners, with the names of those known by your spouse or fiancé(e).
5. The date of last engagement with these behaviors, and/or contact with other sexual partners.
6. The estimated amount of money spent on your behaviors and related activities, and the source of that money.

Acknowledge all the risks

Admit the risks you took that impact your partner, your family and any others affected by your behavior. This includes jeopardizing:

- a) Your children's innocence
- b) Your partner's and your own health
- c) Both of your jobs and income
- d) The family reputation
- e) Your legal situation.

Give more than facts

Besides the facts, consider the following questions:

- a) What did/does this habit/affair mean to you?
- b) How did you feel about yourself when this first started?

- c) What was it like for you to lie to your partner? In what ways did you lie?
- d) Did you worry that this habit/affair would destroy your marriage? What do your spouse and marriage mean to you?
- e) How did you justify what you doing to yourself? To your partner? What part of this do you now see was false?
- f) In what ways do you now see that what you were doing was wrong or unfair? How do you think your partner is feeling?