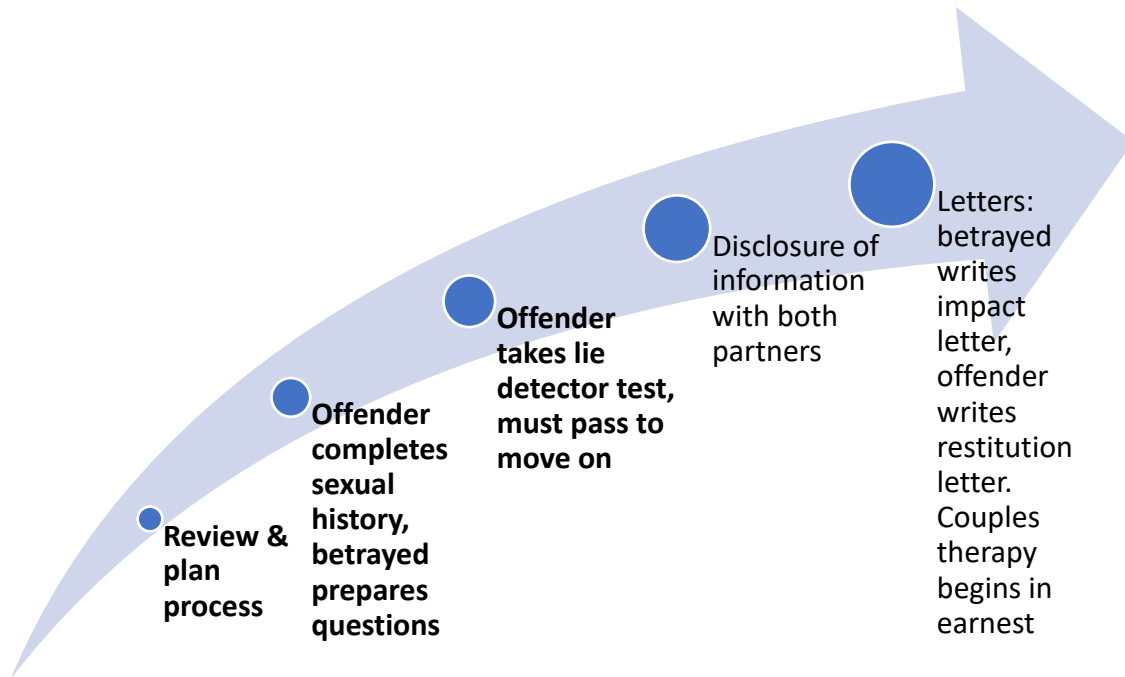


Disclosure Process (Learn more by searching “two therapists talking” on your favorite podcast provider and listen to episodes 14 & 15)



The process

1. ***Review and plan process (2-4 sessions, usually 2-4 weeks):**
 - **Couples' session to discuss process, what to expect, and how to prepare (handouts: disclosure process, sexual history, preparation for disclosure)**
 - **Individual sessions with both partners to better prepare, including preparing for post-disclosure care (minimum 2-3 sessions for offending partner and 1-2 sessions for betrayed partner)**
2. ***Betrayed partner reads through unanswered sexual history questions and creates questions to include in the test and gives them to partner (using the questions for disclosure handout as a guide)**
3. ***Offending partner completes sexual history including partner questions and reviews document with therapist. Once completed, they need 3 complete reviews without new information being added to be ready for the test**
4. ***Offending partner takes lie detector test, bringing completed printed history in with him/her (incorporating partner questions, partner isn't present)**
5. **Disclosure (only if lie detector test is passed, review sexual history and partner questions with partner and therapist, 2+ hour session to cover everything, making a plan to continue recovery)**
6. **Letters and couples' sessions (impact letter [betrayed partner], restitution letter [offending partner] and recommitment ceremony in time)**

***If you're already working with a therapist and JUST need the lie detector test, it would be steps 1-4 above**

Steps for Person taking the test	Steps for partner of person taking test
1. ☐ Meet with examiner and discuss disclosure process and what to expect as well as answer questions. 2. ☐ Complete sexual history questionnaire including answering partner questions. 3. ☐ Review completed history with therapist in preparation for lie detector test. 4. ☐ Review completed history at least 3 times with no new information. 5. ☐ Pass the lie detector test. 6. ☐ *Disclose sexual history in therapy with partner. *This item happens with your personal therapist	1. ☐ Meet with examiner and discuss disclosure process and what to expect as well as answer questions. 2. ☐ Review blank template of sexual history questionnaire to know what's being asked of your partner. 3. ☐ Create your questions to include in sexual history (if any) using the preparation for disclosure handout as your guide. 4. ☐ *Attend disclosure with partner after passed lie detector test. *This item happens with your personal therapist

Why use lie detector tests?

- Begin the commitment to complete integrity in earnest, when it often wouldn't happen otherwise or happen nearly as soon
- Shorten the time frame of the recovery process
- Have a more accurate method of detecting deception in order to move past gaslighting and game playing
- Increase honesty around acting out behavior. It's a way to help the client break through denial about the problem or the extent of the problem and its effects on them and others
- It provides information necessary to make important decisions about the relationship
- Validate the spouse's feelings about what's going on and what's been going on
- Helps create an environment of suffering, pain, and acceptance that is a necessary part of developing safety, empathy, and rebuilding trust
- Increases sense of self-worth as they come to understand they are still loved despite what they've done
- Sense of accomplishment that they shared what they always believed they couldn't

When to use them

- Whenever there has been dishonesty, minimizing, justifying, or gaslighting behavior in the relationship, even if it was just a little
- When the offending partner(s) is resistant and struggles to take the process seriously
- When there has been a staggered (in pieces) disclosure or sharing of information

- When the addict only shares a minimum of information once caught and confronted, but not on their own

When not to use them

- It's a matter of how you feel about it more than any particular indicator
- When there is trust in the relationship and a history of sharing and openness

What to be aware of

- If the lie detector test is passed, do the disclosure as soon as possible (within a few days to a week)
- If the lie detector test is passed and there is significant new information for the spouse, have a prep session with the betrayed partner where the new information is shared, giving them time to process in preparation for the disclosure
- If there are certain behaviors that have ultimatums that the lie detector test will reveal, the betrayed partner will often need to be prepared which may include the following:
 - better understanding of the nature of addiction
 - have a time frame (usually 90 days) with an agreement that no decision will be made to end the relationship, despite what they've learned from disclosure
 - A therapeutic separation may be a good option
- Have the understanding that there will be no disclosure if the lie detector test is failed. I encourage them to retake it again as soon as possible with more therapy, at which point another failure may terminate the disclosure/recovery process
- **Prepare for follow up maintenance lie detector tests every 6 months or so to ensure continued honesty until spouse feels they are unnecessary**