



BEHAVIOUR GUIDELINES: DISCLOSURE PREPARATION

Couples preparing for a Disclosure Procedure are to agree on the points outlined below:

Husband

- 1 He is **not** to submit to any more dribble disclosures to his wife outside of the supervised process with coaches and counsellors.
- 2 He is to protect the disclosure document and keep it private until disclosure day.
- 3 If he break the non-disclosure agreement, he is to notify his coach or counsellor within 24-48 hours. His coach/counsellor will then request an emergency meeting with both spouses' and their supportive professionals.
- 4 If he acts out or stumbles, he is to contact his coach or counsellor as soon as possible.
- 5 If he finds a loophole or any way around protective software or any device, or even think of a way around, he is to tell his coach or counsellor to discuss and finalise a prevention plan.
- 6 There needs to be an understanding that disclosure entails communicating all vital information, but no exploration of, or getting mired in, any prurient details.
- 7 Any redemptive separation or abstinence arrangements are to be done in conjunction with, and under the guidance of, the supportive professionals.

Husband and Wife

Both spouses are to refrain from the following behaviours in order to preserve and protect decorum and decency in the marriage to effectively start the process of laying a new foundation:

- Yelling
- Smashing
- Slamming
- Stomping

- Sarcasm
- Name calling
- Threatening behaviours and gestures
- Passive-aggressive joking
- Indulging in alcohol particularly if agreed as a couple to maintain moderation

FINAL RECOMMENDATIONS

1 If any one is emotionally flooded (angry, irritated, frustrated, cranky) agree to take a break.

2 Wives are to give expressed verbal permission for husbands to show physical contact in any form.

3 Leave all notebooks, workbooks and files belonging to the other alone – each will need to have the space and privacy to process in peace.

4 When experiencing feelings of anger, rage, depression, or suicidal thoughts, reach out to the respective supportive professionals for an additional session of therapy or coaching - also share with support group.

5 Use caution when sensitive issues with each another without a mediator. Use the mediated check ins and couple's preparation sessions will to process as many uncertainties as possible.

6 Wives usually wants the bathroom door closed or locked, and husbands are to respect that need.

7 Determine if doing laundry should be shared or separate.

8 Determine how special holidays and anniversaries will be handled ahead of time in the waiting period before official Disclosure and discuss how major holidays will be celebrated with each other and the supportive professionals.

9 Travelling together during a new the disclosure preparation period or during the disclosure process is not recommended – especially long car trips!

10 Disclosures are to occur when both have not had chemical influence within 48 hours of Disclosure Day. Within this time frame only communicate the business of life and avoid relationship conversations. 48 hours after the official disclosure, have a plan of where to stay – either together or in separate rooms with no contact. This allows for a cooling off period if emotions have been particularly fragile. An open discussion will be encouraged after the official discourse about how each spouse is feeling about any accommodation arrangements.