

Disclosure Template

m2m, Inc. & Marty D. Couch, LMFT

Dear _____

I am writing to let you know things that you have always deserved to know. I'm sorry it has taken me so long to be open and honest with you. None of this information is because of you, but it certainly has impacted you, and I am deeply sorry for that.

My earliest sexual memory was...

My family taught me

My family didn't teach me

My acting out history before meeting you

My acting out history since meeting you

The amount of \$\$ I have spent in my acting out

The amount of \$\$ I am having to spend to heal

What I am committing to in order to be a changed person for you and for myself.

24 hour rule

Bottom line behaviors

Recovery Meetings, Sponsor, Step Work, Couples counseling

I am sorry you have to hear all of this. No wife should ever have to experience and feel what you may be experiencing and feeling now. For that I am deeply sorry. I am trusting the process that this level of honesty will build into our lives a life of full disclosure.

Here is a written timeline of my acting out as I have read to you today. This is for you to keep, to burn, to ask questions around...whatever you need. Thank you for listening to my story.

Statement of love (I love you, etc..)