



sample disclosure

Thank you for being here and listening to my disclosure. I know that you have been waiting for this information and I am grateful for your patience.

This disclosure describes my history of sexual acting out behaviors. I know this information will be difficult to hear and I am grateful for your willingness to receive my disclosure. I also want you to know that there was nothing you did to cause my behavior and nothing you could have done to stop it. After listening to this, I will support you in whatever you need to do to best take care of yourself.

The first experience that I remember with anything resembling sexuality was sometime in either 3rd or 4th grade. Up until that time I had no information about sex or any interest in sex. I was playing with friends and we ended up alone in someone's apartment with no parents at home. Somehow, the group decided to play spin the bottle. I don't remember much other than being chastised for not knowing what the game "spin the bottle" meant. I was terrified and felt ashamed. I ended up not having to take my turn which I was relieved about.

By the time I entered seventh grade, my interest in the opposite sex had sprouted. I didn't have the courage to talk to girls, but I found my dad's playboy magazines and my mother had magazines like Cosmopolitan that had pictures of scantily clad woman. It was at this point that I started to masturbate to achieve sexual gratification. One time, my mother caught me and told me that I needed to stop and never do that again. She didn't ever bring up the subject again and I didn't dare talk about it myself. I felt a lot of shame and confusion.

In high school, I played football and was one of the more popular kids. My sophomore year I met a girl who was older than me and could drive. We dated for a few months and I had sexual intercourse for the first time with her. She also introduced me to alcohol and we would drink when we were together. When she broke up with me I was devastated. I never felt comfortable talking about sex or sharing personal feelings with my parents or other family members. I guess there was an expectation that you figured these things out on your own.

After that I started pursuing girls for sex. I wasn't interested in a relationship but wanted to drink and have sex as much as possible. College was the same for me with lots of partying and hooking up with different girls. I didn't have another relationship until I met you our senior year of college.

For the first several months of our dating relationship I was faithful to you. But about six months in I began having one night stands and hook ups with other girls occasionally. I estimate that I had oral sex, and/or sexual intercourse with 7-8 other women during our dating and engagement period. To the best of my knowledge you did not know any of these women as I always went to bars that were out of our normal area and picked up women that I didn't know and who I knew would not want anything from me long-term. I always used protection when having intercourse but never used protection when giving or receiving oral sex.

Throughout high school, college and beyond I also continued to look at pornography whenever I could access it and to masturbate on a daily and sometimes 2-3 times a day basis. During college when I first got access to the internet my pornography addiction began to escalate as I could get on and look whenever I had some free time. Over time, I spent more and more of my free time on the computer and began to feel like there might be something wrong with how much time I was spending looking at pornography.