exercise 2

HOPE CHEST EXERCISE

After hearing about the potential benefits of Disclosure, take a few minutes and jot down what you hope will come out of the process for you individually and for the two of you as a couple. Give yourself permission to hope for a positive outcome. What would that outcome look like for you? For your relationship?

HOPES FOR ME

HOPES FOR US

exercise 5

SETTING YOUR INTENTION

This is an aspirational exercise designed to help you envision what it would be like to go through the Disclosure process as your best, wisest, most authentic self. In the space below work individually or with your partner to write out your intention regarding how you will go through the Disclosure process. The following list of examples can be used as a starting point or you may pick and choose which ones you want to include in your intention.

- We will treat one another with respect throughout the whole process, even when tensions and feelings run high.
- We will see one another as imperfect human beings who are valuable no matter what we have done.
- We will be fully honest with one another.
- We will honor one another's boundaries.
- We will draw on our community of support to help us individually and as a couple.
- We will honor and create space for one another's feelings.
- We will give one another the benefit of the doubt.
- We will set a goal of completing Disclosure within the next _____ weeks/months and will each do our part to meet this goal.