CHECKLIST

Preparing to Tell Your Family: A Disclosure Checklist

- [ ] Write down the key facts: how long, how much harm, what steps are planned
- [ ] Decide who to tell first and choose a calm, private moment
- [ ] Open with a direct statement of the problem
- [ ] Acknowledge harm caused without minimising or dramatising
- [ ] Allow space for anger, shock or relief without defending immediately
- [ ] Contact a support service the same day or the next
- [ ] Set up a block or self-exclusion as a concrete next step
- [ ] Agree on a way for family to check in without it feeling like surveillance
- [ ] Keep every commitment made during the conversation
- [ ] Encourage loved ones to seek their own support if needed