

Based on the latest research of the impact of disclosure, this updated and rewritten edition of *Disclosing Secrets* presents the best approach for addressing one of the most difficult challenges any sex addict must face – sharing information about his or her sex addiction. Drs. Corley and Schneider take us step by step through the painful, even excruciating process of revealing sensitive secrets related to any addiction, especially sex addiction. The reader will learn what, when and how to tell, who to involve, what (if anything) to tell the children, and what information to share at work and in the community. While serving as a guidebook for this very personal step towards recovery, the book also offers advice about rebuilding trust and repairing relationships. Clearly, there is hope that relationships can be strengthened after disclosure. This is a companion book to *Surviving Disclosure: A Partner's Guide*.

"This book provides much-needed information for navigating the often-risky, yet critically-important, disclosure of highly personal secrets. Comprehensive, well-written, and wise, it weaves heart-wrenching true stories with expert advice and a wealth of practical suggestions. I highly recommend it!"

~Wendy Maltz, LCSW, DST, author of *The Sexual Healing Journey* and Co-author of *The Porn Trap*

"Disclosing Secrets fulfills an urgent need in guiding sex addicts on why, how much and when to disclose to a partner. The benefit for readers is the confidence to handle a painful, difficult, yet necessary process while enriching their goal of healing and restoring trust in their shattered relationships. Therapists who read this book will learn how to implement new ways of working with this process or risk trying interventions they had previously been unsure of. An A+ to Corley & Schneider for taking on this topic, and for their bold, new updated approach!"

~ Alexandra Katehakis, MA, author of *Erotic Intelligence: Igniting Hot Healthy Sex While in Recovery from Sex Addiction*



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DISCLOSING SECRETS

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Disclosing Secrets

*An Addict's Guide for
When, to Whom, and
How Much to Reveal*



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