

WB 2.12c — Self-Disclosure Planning

Use with Chapter 12 (Co-Regulation Scripts) in the manual, Chapter 10 in *Shoulder the Bill*.

Purpose Sharing your own experience is one of the strongest things you can offer, and the easiest place for support to become about you. This page plans what you will share, what it serves, and how you will hand the floor back.

How to use this page

When: Complete before a conversation you expect to be hard. Rehearse the short version — the short version is almost always the right one.

Done when: You have written one or two sentences you would actually say, and named what you will keep to yourself.

Worked example

Their situation: my brother is off work injured and talking like it is permanent.

What I will share: one sentence — “the first year after mine, I thought that too.”

What I will keep: the surgeries, the numbers, the worst months. None of it helps him today.

Anchor Phrase: ‘Enough that they are not alone. Not so much that they are managing mine.’

Protocol: 1. Does it serve them or me? 2. Scar, not open wound. 3. How little would do? 4. Hand it back.

Loop stage: Connect → Recover

The person and their situation:

The part of my experience that is genuinely relevant here:

Check — does sharing this serve them, or does it serve my wish to be understood? ☐ Serves them ☐ Serves me
☐ Honestly, both — so keep it short

Check — is this settled enough to tell without dysregulating me? ☐ Scar ☐ Still an open wound, so hold it

The shortest version I would actually say, written out:
