

Couples Intensive for Infidelity Recovery

Preparation Checklist & Bring-It-With-You Handout · Marissa Talarico, MA, LMFT · Vancouver, WA

PART 1 — In the week before your intensive

Logistics

- ☐ Complete and return the pre-intensive questionnaires (both partners, separately).
- ☐ Block both days on your calendar — 4 hours each day, plus travel time.
- ☐ Arrange childcare, pet care, and time off work for both days.
- ☐ Confirm the address and parking: 601 Main Street, Suite 300, Vancouver, WA 98660.
- ☐ Set an out-of-office message so work does not pull your attention away.

Body and mind

- ☐ Protect your sleep for the two nights before — rest matters more than preparation.
- ☐ Plan a solid meal before each day and bring water plus a snack.
- ☐ Skip alcohol the night before each day.
- ☐ Agree with your partner to pause big relationship conversations until the intensive.
- ☐ Line up one supportive person you can each check in with afterward.

Reflect (no perfect narrative required)

- ☐ Write down what you most need to understand by the end of the two days.
- ☐ Note the moments when you feel most flooded, and what helps you settle.
- ☐ Name one outcome that would make this investment feel worthwhile to you.

You do not need to arrive with answers, a timeline, or a rehearsed account. Part of the work is building that clarity together, at a pace that keeps both of you safe.

Bring It With You

Print this page and bring it to Day 1. Use the space to capture what you want to remember.

PART 2 — What to pack

- ☐ A notebook and pen (you will be given a written recovery plan, but notes help).
- ☐ Comfortable layers — rooms shift temperature over four hours.
- ☐ Water bottle and a snack for each day.
- ☐ Any medications you take during the day.
- ☐ Tissues, a fidget, or anything else that helps you stay grounded.
- ☐ Your completed questionnaires, if you have not already returned them.

What I most want my partner to understand

Questions I want to ask during the intensive

What helps me settle when I feel overwhelmed

Questions before you begin? Call (360) 450-2327 or email info@thrivereationaltherapy.com · thrivereationaltherapy.com/couples-intensive-infidelity-vancouver-wa