

Readiness to Disclose Questionnaire

Pause and reflect on your decision to disclose or not

1. Which reasons for not disclosing feel true for you at this moment?

My team may not be receptive right now
The power dynamics do not feel right

I'm not ready to be fully vulnerable

I want to maintain boundaries

Disclosure may shift consultation team focus

I need more time to assess team culture

Other:

2. What values are you protecting?

3. What boundaries feel important?

4. What fears or concerns are showing up?

5. What strengths or wisdom are guiding your hesitation?

6. What would need to shift, for you or the team, to feel more comfortable sharing?

A more validating team environment

More clarity about what you would disclose

Greater personal grounding or healing

More trust or safety in the team

Other:

7. What is one thing you want to remember about your decision not to disclose right now?