**Worksheet 13.1**  
**Journey of Awareness**

**Directions:** In the spaces below, please journal your response to each of the questions about how you became aware of your spouse’s same-sex sexuality.

1. Describe how you came to learn about your spouse’s same-sex sexuality. Are you describing a specific event or a series of behaviors that caused you to suspect something was not as it seemed?

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2. Had there been any discussion about this earlier in your relationship, and has it now resurfaced? Or was this “out of the blue”? Try to note some of the details, unless they are especially painful for you to recall.

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3. As you read back over your story of first awareness, what stands out to you? Are there any gaps in the story that you would like to see filled in? What do you think might be helpful to reflect on further?