

Go-Crypto

Family Disclosure Toolkit

A structured guide to help you prepare for telling a spouse or loved one about a crypto scam loss.

Step 1: Regulate Before You Speak

Before having the conversation, calm your nervous system. Anxiety can escalate tone and defensiveness. Use the breathing exercise below before you begin.

- Inhale slowly for 4 seconds.
- Hold for 4 seconds.
- Exhale slowly for 6 seconds.
- Repeat 5 times before the conversation.

Step 2: Preparation Checklist

- Gather the facts: amount lost, timeline, and current status.
- End all contact with the scammer.
- Outline next steps (reporting, security changes, professional guidance).
- Choose a private, calm setting.
- Prepare for emotional reactions while staying steady and factual.
- Commit to full transparency about the total loss.

Step 3: Draft Your Opening Statement

Write down exactly what you plan to say. Keep it direct, factual, and calm. Then rehearse it out loud at least once before the conversation.

Suggested Opening Structure

- State clearly that you were targeted in a crypto scam.
- Acknowledge the financial impact.
- Take responsibility without self-attack.
- Explain the steps you are taking.
- Ask for support, not rescue.

Transparency stabilizes trust. This conversation is not the end — it is the beginning of rebuilding.