

Quiet Preparation Checklist (Before You Tell Your Spouse)

1. Documents

- Copy driver's license, passport, Social Security cards
- Photograph or scan tax returns (last 3 years)
- Bank, credit card & retirement statements

2. Finances

- Open checking account in your name only
- Set aside emergency cash (goal: \$1,000 or more)
- Freeze or monitor joint credit (optional / safe)

3. Digital Safety

- New email & cloud folder with 2-factor auth
- Change passwords; disable shared iCloud/Google
- Turn off location sharing on devices

4. Physical Safety

- Go bag: meds, charger, clothes, flash drive
- Spare keys hidden / with trusted friend
- Safe word with friend for emergency pickup

5. Professional Help

- Store hotline & advocate numbers in phone (disguised name)
- Schedule consult with Project Safeguard (protection orders)
- Research BIFF® communication tips

6. Emotional Support

- Identify 2 people you can safely tell
- Explore RisingBeyondPC community forum
- Start a private journal or voice memo to track incidents

Check only what feels safe for you right now. Small steps add up.
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