

## Self-Disclosure Lesson Plan

### Define Self-Disclosure

- Self-Disclosure is the act of making yourself known to others

### Functions of Self-Disclosure

1. Helps you gain information about another person
2. Helps you be able to predict thoughts & behaviors of people you know
3. Helps you understand how another person thinks & feels
4. Self-Disclosure must be **mutual** in order for a friendship to work and **trust** to be built between friends

### Risks of Self-Disclosure

1. Other person may not respond well to your disclosure.
2. Other person now “has something” on you if your relationship/friendship ends. The more you disclose about yourself, the more power you are giving this person
3. Other person may feel that you are sharing too much information about yourself too early in a relationship (significant other or friendship) and can damage or end the relationship/friendship

### Define Intimacy

- Sharing an *emotional* closeness with someone. This person can be a significant other (boyfriend/girlfriend) or “best” friend. The more emotionally intimate you are with someone, the closer you become to each other.

### Levels of Self-Disclosure

- **CLICHÉ:**
  - Small talk
  - Conversation to fill the silence
  - Nothing is revealed about yourself
- **REPORTING FACTS**
  - Reporting basic facts about yourself to others
    - Family structure
    - Information about your house
    - Activities you involved in
  - Unless feelings are shared, little is revealed about yourself
- **SHARING IDEAS**
  - Sharing ideas, judgments, and decisions
    - The school year is too long because...
    - I believe abortion is wrong because...
  - This will reveal who you are
- **EXPRESSING FEELINGS**
  - Expressing feelings behind your ideas, judgments and decisions
    - I get so frustrated at the end of the school year...
    - I get angry when people use abortion...
  - This will reveal the most about who you are and what you stand for. The most is revealed about yourself

### Levels of Friendship (match with the levels of self-disclosure)

- **ACQUAINTANCE**
  - A student who is in a class, but you don't “know them”
  - Friends of friends
  - People who ride the same bus
  - How do you know if they are an ACQUAINTANCE?
    - Do you go out of your way to start a conversation with this person?

- Do you know personal information about each other?
- CASUAL FRIENDS
  - Friend who is in your life because of a common interest/activity/purpose
  - How do you know if they are a CASUAL FRIEND?
    - What would you talk about if this common interest/activity/purpose dropped from your life?
    - Would you tell this person how depressed you were when your boyfriend or girlfriend dumped you for another person?
- CLOSE FRIENDS
  - Friend you call to “just talk”
  - Friend you go to the movies with or have come over to your house
  - You will share your thoughts, & opinions with this friend
  - How do you know if they are a CLOSE FRIEND?
    - Can you be together without talking and still be comfortable?
    - Would you feel bad if this friend didn’t call you when they find out your grandmother/father passed away?
- INTIMATE FRIENDS
  - Friend you would worry about, rather than be upset, if they didn’t call you when your grandmother/father passed away
  - This person can tell you “the truth” to your face no matter how it hurts and you’ll get over it because you know they’re trying to help you
  - This person has your best interest at heart and will help you improve yourself & help you reach your goals
  - How do you know if they are an INTIMATE FRIEND?
    - Would this person give up a weekend vacation to be with you if your mom died?

# NOTES OUTLINE FOR SELF-DISCLOSURE, LEVELS OF S.D. & LEVELS OF FRIENDSHIP

## Vocabulary Words

You will be responsible for defining and understanding each of these vocabulary words.

- ✓ Self-Disclosure
- ✓ Intimate
- ✓ Cliché
- ✓ Reporting Facts
- ✓ Sharing Ideas
- ✓ Expressing Feelings
- ✓ Acquaintance
- ✓ Casual Friends
- ✓ Close Friends
- ✓ Intimate Friends

Define Self-Disclosure \_\_\_\_\_

## Functions of Self-Disclosure

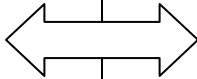
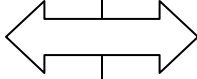
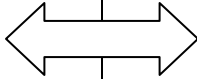
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Risks of Self-Disclosure

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Define Intimate: \_\_\_\_\_

## Relationship between friendship & self-disclosure

LEVELS OF FRIENDSHIP	LEVELS OF SELF-DISCLOSURE
Acquaintance	Cliché
	
Casual Friend	Reporting Facts
	
Close Friend	Sharing Ideas
	
Intimate Friend	Expressing Feelings
