

## Exploring Your Levels of Openness

For each part of yourself you share (preferences, information, history, and so on), write 0, 1, or 2 under each relationship you've listed (mother, brother, best friend, mentor, and so on), using 0 to indicate that you've told the person nothing about this aspect of yourself, 1 to indicate that the two of you talk about this aspect of yourself sometimes or in general terms, and 2 to indicate that you share this part of yourself frequently or completely with the other person. Go ahead and fill in your level of openness with each person in the table.

	parents	siblings	best friend	boy/girlfriend	friends	acquaintances	teachers or mentors
preferences and interests							
basic information							
your history							
your opinions							
your values							
what you want in the future							
feelings from the past							
here-and-now experiences							