

SELF-DISCLOSURE

First, take a moment to review the three stages of self-disclosure (McKay, Davis, and Fanning 1995).

Step 1: Only disclose *facts* about yourself. Facts include when, where, what, who, and so on. You could relay information about your job, where you live, and so on. In this first step, you should refrain from including any of your feelings or opinions. You may stay in step 1 for a while. You should feel comfortable before you move on to step 2. This means that you have enough information about the other person that you feel like the relationship has a possibility to grow over time. When you have reached this level of comfort with disclosing facts about yourself, you can move on to step 2.

Step 2: You may begin to disclose your thoughts, feelings, and needs—but keep these limited to the past or future. For instance, you could talk about your future career plans or how it felt to grow up as an only child. You could also express your thoughts, feelings, and needs about any of the facts that you disclosed in step 1. Don't talk about your present thoughts or feelings. When you are comfortable with this step move on to step 3.

Step 3: This is the most difficult step because it requires you to take the risk of sharing what you think, feel, and need *right now*. In this step, you may choose to share your attraction to the other person, how you are feeling about something he or she is telling you, whether you feel relaxed or nervous with him or her, et cetera. You may also choose to express a need (covered in the next section).

Now, make a list of your values—specifically the ones that are closely associated to relationships. Next to each value write down some ideas for self-disclosure that you imagine might bring you closer to building lasting relationships.

Value	Ideas for Self-Disclosure
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Next, identify a person with whom you want to practice self-disclosure. Maybe it's a new friend or someone you just started dating. Write down some of the topics that you can imagine discussing in step 1. Then write down topics that you can imagine discussing in step 2. And, finally, write down the topics you can imagine discussing in step 3 of your self-disclosure process.

Step 1: _____

Step 2: _____

Step 3: _____

