I. What is Self Disclosure?
   1. Deliberately disclosing or revealing information about yourself, telling what you know about yourself normally not known to others.

II. What happens when we self disclose?
   1. It increases accuracy in communication
   2. We get to know others better
      A. Interpersonal relationships are built on self disclosure.
   3. It increases the number of contacts & enlarges your circle of friends.

III. Johari Window p. 310-11
   1. Think of it as representing your total self as you relate to others.
   2. Open – all aspects known to you & others
   3. Blind - things about you others know, but you don’t.
   4. Hidden – things unknown to others, but known to you. You are in control.
   5. Unknown – Unknown to you & to others.

IV. Topic Avoidance – common in all types of relationships
   1. Commonly avoided topics
      A. Relationship issues such as
      B. Negative experiences, failures
      C. Romantic relationship experiences
      D. Sexual experiences (one of the most personal)
      E. Friendships
      F. Dangerous behaviors (Stupid past)