



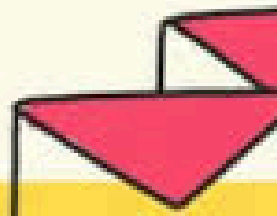
Skill of Self Disclosure

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Skill of Self Disclosure

- **Skills ? A learned power**
 - Skills – Level of competence in interpersonal skills**
 - Skills determine the characteristic success and failure in human relationships**
- **A Maslow considers interpersonal skills “as instruments enabling you to satisfy a number of human needs”**
- **In order to grow one must satisfy a variety of human needs**
- **We need skills**



Why Interpersonal skills?

- Being safe and comfortable in all interpersonal relationships and transactions
- Sharing with trusted friends
- Having good time with others (fun, pleasure and self gratifications)
- Not for gossiping, but to protect the reputation of others
- Maintain confidentiality
- Desiring interpersonal ‘peace at any price’
- Having many friends and acquaintances
- Taking pain to understand others from other point of view

Needs & Origin of Neurosis

- Abraham Maslow
- Origin of neurosis - is certain dissatisfaction which is called as needs
- Water and amino acids (fundamental building blocks of proteins and used by all living beings) are needs. Their absence produces illness and maladjustment
- Gratification Vs Deprivation

D (Deficiency) Needs

**Belongingness and identification
for close love relationships and for
respect and prestige**

**If such needs are not satisfied they
stand in the way of human growth**

Neurosis- Distressing Emotions

Depression

Distress

Possessiveness

Anxiety



B (Being) Needs

- Whose D needs have been satisfied but still feels the drive for self actualization
- Eg; B Love- Love for the other
- Non possessiveness
- Unselfish
- Consistency in behaviour
- Dependable
- Trustworthiness
- Minimum degree of anxiety and hostility
- Be good and do good

M (Maintenance) Needs

- May not be grappling with D needs but have not shown any serious intention to any significant pursuit of B Values in Life
- Relationships are not noticeably destructive but neither growthful nor engaging
- Neutral
- Religious values - Bring people closer rather they are ritualistic, restraining, holding them back from doing wrongs
- Neither they do good
- No involvement in community activities
- Psychopathology of the Average



- High percent of people exhaust an excessive amount of energy in M functions - Keeping life going
- No energy for B functions and there is no growth . It is immobile and it is on a plateau
- Victim of “psychopathology of the average”
- Interpersonal skills enable such to loosen up or unfreeze who is on a plateau or no progress or no change



A three phase model

M type

- Under disclosures / non disclosures
- Listen, internalize
- C.Jung-Introverts

B type

- Disclosures
- Listen and
- Respond
- Ambiverts

D type

- Over disclosers
- Talk, Talk
- Extroverts

- Appropriate Self disclosure is a social skill that many people find difficult to learn
- First step towards reintegration is self disclosure confessing to one's dishonesty, irresponsibility and self centeredness to responsible and significant others
- Disclosing is always in the context of interpersonal relationship

ACTIVITIES

- Take the stem “ I am.....” and finish it in 10 different ways
- I am intelligent
- I am fun loving
- I am an ideologist
- I am a socialist
- I am a responsible person



Dangers of Concealment

- Impoverished interpersonal lives
- Wide range of neurotic disorders
- Mower admits that psychological disorders can arise from genetic, biochemical and ecological factors (any combination)
- People are uncomfortable and they behave dishonestly , irresponsibly and without proper emotional involvement with and concern for others



Dealing with concealment

- Treatment is an educational process- to become honest, responsible and involved.
- Deception has become the way of life and the refusal to meet is at the root of disorder
- Overinvestment in privacy and concealment is very stressful
- Every maladjusted person is the one who has not made himself known to another person
- Being the part of the appropriate self disclosure is a symptom of personality health and a means of ultimately achieving a healthy personality



Cultural blocks to self disclosure

- Dishonesty: Freedom to lie in the highest offices in order to advance their own causes
- Is honesty a myth or fact?
- Advertising : Am I out to share or to market myself?
- Pervasive psychologism- Psychological testing to control the human quarry. When testing oversteps its bound
- Sexism and stereotypes: Teenagers and Young adults find it necessary to communicate to a friend they need an excuse to do it
- Family Background : Some families seem to encourage self-disclosure whereas other inhibit . Self disclosure and other behaviours from the family



Resistance within the group member

- The flight from self knowledge
- The fear of intimacy- Fear of human relations is greater than the fear of death
- Flight from responsibility and change
- Reverse halo effect (incompetence in one area may be misconceived). People are considered as problems
- The problem of guilt and shame (the root word of the word is “to uncover, to expose, to wound)Exposure to self . Feelings of shame have to be recognized
- Fear of rejection: “ If other people really know me, they wouldn’t accept



Resistance
to Change

EDITABLE STROKE



Criteria for determining the Appropriate Self Disclosure

- Breadth: Amount of information
- Depth: Intimacy of information
- Duration: The amount of time spent
- Target: To whom
- Nature of relationships: intimate friends, close friends
- Situation: Condition under

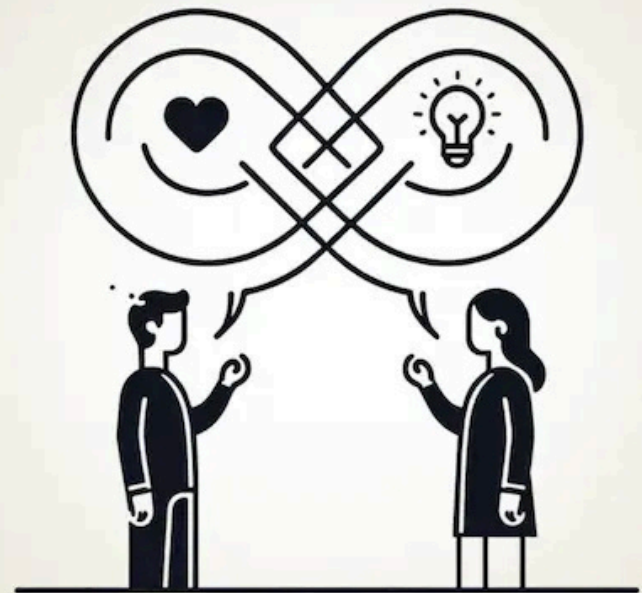


Working Criteria (Luft)

- Goal directedness
- An eye to proportion - Goal at sight
- Respect and Caring
- Ongoing - Continuity of association
- Mutuality
- Timing : What is happening in people - No “purple patches”
- The here and now



- Gradual self disclosure
- Reasonable risk
- Impact - Referred to as “Bomb”
- Shared context
- Response as a sign of reception and validation (empathy)
- A balanced picture



Activity 2

- **Incomplete sentence as a stimuli for Self disclosure**
- One thing I really like about myself is...
- I dislike people...
- When people ignore me, I...
- When someone praises me , I...
- Those who really know me ...
- When I relate to people, I...
- The way I express my generosity to others ...
- My teacher
- My Principal ...

