10C Self-disclosure

Step one
There may be occasions when you tell a group an anecdote, which involves you, to illustrate a point – perhaps your previous experience in training on this topic, perhaps something more everyday which relates to the topic. Think of some of these stories.

For each one, what kinds of feelings of yours does it reveal? Surprise? Fear? Joy? Vulnerability?

Is there any repetition of feelings conveyed? Are there any patterns?

Step two
Below is a list of feelings which can be revealed in personal anecdotes. Take each feeling in turn and put it under one of the three headings in the following table.
anger; joy; grief; greed; happiness; relief; confusion; triumph; helplessness; worry; exhilaration; anxiety; elation; panic; terror; annoyance; boredom; concern; irritation; excitement; envy; despair; agitation; impatience.

You may want to add other feelings.

I have revealed this to a group	I have not yet revealed this to a group – but I could do so	I could never reveal this to a group

Continued …

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Self-disclosure

… continued

I have revealed this to a group	I have not yet revealed this to a group – but I could do so	I could never reveal this to a group

Step three
Take one of the feelings from the right hand column. Consider your reason for never revealing it to a group. Is it because:

- you want to control the image they have of you?
- you do not think it promotes a learning climate?
- you are not comfortable in yourself with having this feeling?
- another reason?

Step four
Think of a session you will be running.

Find a feeling from column two, or perhaps column three, that you could reveal to the group, via an anecdote relevant to the topic. Plan for how you will introduce the anecdote and tell it.

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