

Running Header: SELF-DISCLOSURE

Self-Disclosure  
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## SELF-DISCLOSURE

With the advent of the Internet, I think many people take quizzes that appear on the Internet. The sites we were told to use are somewhat different in their evaluations. I took several of the quizzes and found I'm either better than I think, or I'm not disclosing information about myself correctly. Self-disclosure is the most researched behavior in the communication discipline. I have found it to be very enlightening. There are so many aspects of the subject; features like risk, factors that affect self-disclosure like gender, and the principles of self-disclosure. My understanding of this subject is much more extensive. The quizzes showed me I have strong communication skills as long as it does not include confrontation and conflict. I need to constantly work on my skills during a conflict.

I took an anxiety quiz and found that I received a relatively low score, indicating that I am generally satisfied with life and am able to handle the fact that there are things beyond my control. However, I think of myself as being fairly anxious. The other quiz I thought had similar results. An arguing style quiz stated that I engage in arguing behaviors that can help end a fight quickly and satisfactorily for both parties. I tend to avoid conflict as much as possible, so actually maybe the result of this quiz is somewhat accurate. A third quiz I evaluated myself was assertiveness. The quiz said, "There are times when you'll hesitate to address the issues that concern you the most". This is probably pretty accurate; however, I'm better than I use to be, I've become more assertive as I've grown older. I used to let a significant other always get his way when we were thinking of something to do. Because if I did what I wanted he would say, go ahead and do it with a friend, I'm not interested. It goes to say; I'm no longer in that relationship. My husband is wonderful and he loves doing what I want, and I go and do what he likes, it's a much more collaborative partnership.

"Based on recent affect-cognition theories and research on interpersonal behavior, three experiments predicted and found that people in a positive mood disclosed more intimate, more varied, and more abstract information about themselves" (Forgas, 2011, p.449). I would agree with this statement. I believe if my mood is positive I am much more likely to share information with family and

## SELF-DISCLOSURE

friends, and even strangers. If my mood is depressed or negative, I will stay by myself and not share with people.

In a work situation, and as an educator, I try to be careful of what I say to students as the following quote notes "...analysis of the possible risks and rewards of speaking up, the largest part of that calculus is my projection of how my revelation of self is likely to be experienced by my students, while the other significant factor is how that revelation-or concealment-is likely to be experienced by me" (Tobin, 2010, p.196). In this situation, the teacher is trying to determine whether to share something personal about herself to a student. I think another thing to note in this example is we are also mentors and role models to our students, so our disclosure needs to be thought of in those terms. We want students to learn and understand the difference between public and private discourse.

It is important for everyone to work on their communication skills on a daily basis. We all learned our communication skills from what we saw in our parents and families; however, sometimes our parents were not very good role models. Taking a class like *Interpersonal Communication* can better each and every one of us. We must remember the differences between our self-disclosure at work, at home, or with friends; it is very important.

## SELF-DISCLOSURE

## References

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Tobin, L. (2010). OPINION: Self-Disclosure as a Strategic Teaching Tool: What I Do and Don't-Tell My Students. *College English*, 73(2), 196-206. Retrieved June 5, 2011, from Research Library Core. (Document ID: 2184110781).

West, R. & Turner, L. (2009). *Understanding Interpersonal Communication: Making Choices in Changing Times*. Boston, MA: Cengage,

Websites used for quizzes:

[http://psychologytoday.psychtests.com/tests/self\\_disclosure\\_general\\_access.html](http://psychologytoday.psychtests.com/tests/self_disclosure_general_access.html)

<http://www.abacon.com/commstudies/interpersonal/indisclosure.html>

[http://www.mcgrawhill.ca/college/hyde1/student/olc/luhh\\_tf\\_13.html](http://www.mcgrawhill.ca/college/hyde1/student/olc/luhh_tf_13.html)