



Showing Your Cards: Self Disclosure

POSITIVE SELF-DISCLOSURE BEHAVIORS

<i>If You Do This:</i>	<i>You May Seem:</i>	<i>Do I Do This?</i>		
		Usually	Sometimes	Rarely
Share basic information about yourself	Safe, socially appropriate			
Match the depth of your disclosures to what others reveal	Sensitive, understanding, nonthreatening			
Reveal deeper feelings	Sensitive, open to connection, interesting			
Share your passions and interests	Self-reliant, independent, engaged in life			
Share some vulnerabilities and laugh at your mistakes	Self-aware, self-confident, having a sense of humor, down to earth			