Boundaries of Self-Disclosure

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A new group asks people to introduce themselves.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Choose what to share, with whom, and what to keep private.

3. What can remain yours alone?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.