



## The Importance of Self-Disclosure

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You probably have dozens of conversations with people each day, but how often do you have conversations where you share your authentic thoughts and feelings? According to neuro-scientists who have studied what happens to people's brains when they are in therapy, when we disclose our inner thoughts and feelings our brain's produce serotonin, a biochemical associated with calm and well-being. Other studies tell us that people who self-disclose are seen as friendly, trust-worthy and generally more likeable.

So start talking! You can use the die on page 2 as an easy and fun game to play with your family, a group of friends, or just someone you want to get to know better. Just cut out the die, fold and tape it together, and you're ready to play. There is no right or wrong way to play; just take turns throwing the die and give each player two minutes to answer each question. If you have already answered a question, roll again. Encourage players to take the full two minutes rather than giving just short answers.

Ready to play some more? Make copies of the die template on page 3 and give a copy to each player. Then ask each person to write six questions of their own on their die. Assemble all the dice and put them all in the middle of the table. Each player rolls a die in turn and answers the question. Again, encourage at least two minute answers. Players can ask each other questions to encourage more self-disclosure, but players are not allowed to comment on another person's answer.

WHAT IS SOMETHING YOU DID IN THE PAST YOU ARE REALLY PROUD OF?

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WHAT IS AN IMPORTANT DECISION YOU HAVE TO MAKE SOON?

WHAT IS A MISTAKE YOU MADE IN THE PAST?

WHAT IS A FEAR YOU TRY TO HIDE?

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WHO IS A ROLE MODEL FOR YOU?

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WHAT IS THE #1 THING ON YOUR BUCKET LIST

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