

# Self-disclosure

[Literature](#), [Russian Literature](#)



Self-disclosure Insert Insert Self-disclosure is where one is willing to give over information about oneself to other people. It can increase rapport and trust between people. I can evaluate self-disclosure based on how we compare ourselves with others, about our intellectual aptitude or abilities to see how we relate to others. Conversely self-disclosure that does not work well can also lead to embarrassment. Joy is an expression of pleasure and expansive yet a soothing sensation, ecstasy, good consciousness, or a feeling of oneself (Spence, Fox, Golding & Daiches, 2012). It can be expressed as a feeling whether tense, anxious or nervous.

Sadness is expressed when one is in such condition as discouraged, gloomy depressed or downhearted. It is a difficult moment of every human being.

Empathy is regarded when people have the ability and will for sensing people's emotions that are accompanied by the capability to imagine what they think or feel (Spence, Fox, Golding & Daiches, 2012). It is expressed when one feel stressed when we detected another person's fear or anxiety.

Sympathy goes beyond one's empathy since it is acknowledging another person's emotional hardships and providing comfort and assurance.

Personally has been a victim of grapevine information. This is due to the fact that all human beings are front of informal person to person means of circulating information or gossip. Handling rapine information is a real challenge but when handled in a proper way cannot lead to fighting. The best way I can handle is through dialogue and understanding the root cause of the information, eventually the situation is contained leaving both parties satisfied (Spence, Fox, Golding & Daiches, 2012).

Good moral values guide me to control expressing my emotions to any other

person except in the circumstance when in depression. I have spent some time without expressing my emotions. It was last during a session when I was given an opportunity to represent my institutions in competition and was ranked the best; it was a moment of great joy for my life. I felt like it was like a turning point my life.

#### References

Spence, N., Fox, J., Golding, L., & Daiches, A. (2012). Supervisee Self-disclosure: A Clinical Psychology Perspective. *Clin. Psychol. Psychother.*, 21(2), 178-192. doi: 10. 1002/cpp. 1829