



Reflecting on Your Self-Disclosure Boundaries

<p>INSTRUCTIONS:</p> <p>Please circle the response that best describes your level of comfort disclosing the topics below.</p>	Sensitive/Triggering	No Disclosure	Low Disclosure	Medium Disclosure	High Disclosure
	This topic is very sensitive to me, and I would like to <u>avoid this topic</u> when working with peers	I prefer <u>not to discuss</u> this type of information with peers	I am <u>willing to discuss</u> this information with peers if asked, but don't usually share it spontaneously	I am usually <u>comfortable discussing</u> this information with peers and will volunteer it to them without being asked	I am <u>very open to sharing</u> this type of information with peers & look forward to talking about it
Identity Related Topics					
My gender identity	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My sexual orientation	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My religious affiliation or spirituality	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My political beliefs	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
The things I like about myself	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
The things I dislike about myself	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Relationship Related Topics					
My family relationships	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My friendships	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My sexual relationships	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My romantic relationships	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My relationship history	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing



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Mental Health Related Topics					
Mental health diagnoses	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Use of psychiatric medications	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Experiences with hospitalization	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Experiences with therapy	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Experiences with psychosis	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Suicidal ideation	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Physical Health Related Topics					
My physical health & physical illnesses	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My medical history	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Physical disabilities/being differently-abled	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
How I feel about my body	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing



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Stress or Trauma Related Topics					
Physical harassment or assault	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Sexual harassment or assault	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Death of people I was close to	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Personal trauma history	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Discrimination (racism, sexism, etc.)	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
My experience with coercion or force in the mental health system	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Personal Experiences					
Finances and financial issues	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Experiences with drugs and other substances	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
Involvement with the criminal justice system	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
The types of things I do for fun or to relax	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing



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Other topics for disclosure					
	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
	Avoid discussing	Prefer not to discuss	Willing to discuss	Usually comfortable discussing	Very comfortable discussing
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