Chapter 6

Understanding Interpersonal Relationship
• Content messages

• Relational messages

**Intimacy**

• Defined:
  • Physical
  • Intellectual sharing
  • Emotional
  • Shared activities

**The Gender Lines & Intimacy**
Relational Development & Maintenance

- Mark Knapp – Coming together, maintenance & coming apart
  - 10 steps

- Dialectical perspective
  - Connection vs. Autonomy
  - Predictability vs. Novelty
  - Openness vs Privacy

Self-disclosure Defined

- Self-disclosure is the process of:
  - deliberately revealing information about oneself
  - that is significant
  - and would not normally be known by others

- SD & intimacy

Self-Disclosing

Benefits
- May increase trust
- May increase closeness
- May enhance self-esteem
- May increase security
- May enhance self-growth

Risks
- Others may reject us
- Others may think less of us
- Others may violate our confidences
Social Penetration Model

- Describes process of increasing & decreasing intimacy in a relationship.
  - Breadth -
  - Depth -
  - Depenetration -

Johari Window

- Known to self
- Not known to self
- Open
- Blind
- Hidden
- Unknown

Self-Disclosure When Appropriate

- Self-disclose the kind of information you want others to disclose to you.
- Self-disclose more intimate information only when you believe the disclosure represents an acceptable risk.
- Move self-disclosure to deeper levels gradually.
- Reserve intimate or very personal self-disclosure for ongoing relationships.
- Continue intimate self-disclosure if reciprocated.
Factors that Influence SD

- Culture
- Consider the ethics/consequences of SD
- Make SD clear & understandable

Why should you think before you self-disclose?????? It’s IRREVERSIBLE!