

Self Disclosure Exercise

This exercise is completed in 1:1 conversations with another participant. Select 3-5 of the statements below to ask your partner to answer, in addition to any basic information you need to gather.

Please remember to each share beyond your comfort zone to create a meaningful opportunity to get to know each other at a deeper level.

When you return, please be prepared to provide an introduction of your partner to the larger group for 1 minute.

- What would constitute a "perfect" day for you?
- If you could change anything about the way you were raised, what would it be?
- If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
- Is there something that you've dreamed of doing for a long time? What is it and why haven't you done it?
- What is the greatest accomplishment of your life?
- Given the choice of anyone in the world, whom would you want as a dinner guest and why?
- What do you value most in a friendship?
- Complete this sentence: "I wish I had someone with whom I could share .."
- Who do you still need to apologize to and what's holding you back?
- When do you feel most lonely?
- If you could wake up tomorrow having gained any one quality or ability, what would it be?
- What are three words that you love to hear others describe you as?
- What legacy do you fear you might leave?
- What is an important relationship you need to invest in or improve?
- What are the three things you are trying to change about yourself and why?