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**E.C. #4**

A very interesting article, although I must have been very tired when I started reading it because I had to go through the article a couple times before I actually understood what I was reading. I had experienced before how giving personal details and information about yourself to others leads to stronger friendship bonds.

During the summer before my freshman year of college I was attending a summer program here at IIT, in which about 20-25 others of my age lived on campus for a month. During the month, towards the beginning of the program, there was a bonding exercise in which everyone of the new “students” was to share a personal detail or experience, starting with two of the leaders. After that day, the group of us were a lot closer and able to work together in team activities later that summer. What I learned from this article was that that situation was not just a coincidence or fluke, it actually has some research behind it.

That in part was also what I found interesting about the article, the fact that sharing your story with others can quickly make you more connected with them on a personal level. Compared to the book, this article focuses on the emotional side of making bonds with team members.