The self-disclosure scale was an interesting eye-opener for me. First, I appreciated the fact that the questions had been cluttered into groups. That made the totaling of each segment far easier than summing the entire scale itself. I find that it is better to have such groups being identified so that the score for each group can mean something instead of just having an average amount of the entire scale and not get that much information.

From the scale, I scored 25 for the intended disclosure part, which is as intended. I would have been slightly worried if that had been low as that would imply that my mind isn’t my own. I believe that this pertains to the ‘strength’ of being self-aware. It is truly difficult to be aware of certain things happening with and around you. I know that I have been in several situations where I have decided to flow with the environment, but I am glad that I am able to reflect and decide well enough for myself about what and with whom to disclose.

I got 22 on the Amount section. This brings down to the idea of self-disclosure itself and whether is it necessary. Now, self-disclosure can be viewed from any kind of perspective with any kind of situation being discussed or shared. However, most of my replies here pertain to things of ‘value’. Instead of just ideal talk, its more with regards to disclosing the fundamentals of myself. I am still knowing and understanding myself, my wants, my needs, my insecurities, and my dislikes. Due to such a confused topic, which is myself, I usually choose not to disclose much. If I do, it is momentarily. I believe its not a matter of being comfortable of disclosing things about myself, its more of being true and honest to myself and disclosing reality and not fiction. Couple of months back, through critical self-reflection, I realized that there are certain factors that I have laid myself to believe that aren’t entirely factual. So, if anything, I am rebuilding my identity to prove and show myself that I am what I speak. This naturally affects the Control of Depth of disclose that I allow. Not knowing myself well enough prevents me from saying or opening entirely as I won’t know if what I am saying or doing is correct enough to what I intend on being.

However, one thing is for sure, the very accuracy of it all is near facts. This can be seen by the scale where I scored 45 for honest accuracy. BY reading the course material, I think my honesty comes from the influence of myself via social comparison and the view of myself in a social environment. I can understand how annoying it can be to lie about yourself to all. Afterall, that not only doesn’t make sense, it just waste time. There just doesn’t seem to be any solid reason to ‘get to know’ someone unless one has malicious intent. So, I am just trying to play my part of honest disclosure.

From this, I think the degree of self-disclosure is crucial only and only if the ‘self’ is truly well known. I think self-disclosing can be like a double-edged sword where the sharpness and the length of sword is directly proportional to degree of disclosure. The more one opens, the more one leaves itself to be vulnerable. However, opening to a certain people who get you and fit in your life like a puzzle, gives the correct and needed positive feeling that stays with you forever.