

Journal 2: Personal Communication Needs

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Prompt responded to: *Describe a self-disclosure experience you've had and connect it to the social penetration model.*

A very important self-disclosure experience I've had was when I came out to my parents. It was during a vulnerable point in my life when I was already dealing with a lot of change. My parents asked me what was wrong, and I let everything out. According to the social penetration theory, relationships develop through layers—Superficial, Intimate, Personal, and Core. The Core, which includes the most intimate secrets, represents this scenario well. When I talked with my parents, I deepened our relationship by allowing them to reach part of my Core.

This experience was more about depth than breadth, as we stayed focused on the same topic and continued to explore what my sexuality meant to me. This secret was close to the Core because of how closely I guarded it at the time. In those days, my sexuality was something I kept very private, which is why it felt so deeply personal. Nowadays, I wouldn't place my sexuality so close to the Core, as it has become a more open part of my external identity. I feel more comfortable discussing it with others, and it's no longer something I hold as tightly.

Sharing this information allowed me to strengthen my relationship with my parents. The personal burden of holding that secret on my own was lifted once I shared it with them, and it brought us closer together. The experience not only deepened our bond but also provided me with a sense of relief and support that I didn't have before.