

SELF-DISCLOSURE SPECTRUMS

MR. / MISS AMERICA

Get together with one or two from your group and discuss the exercise below. For each category, put an "X" somewhere in between the two extremes to indicate how you see yourself. For instance, on ATHLETICISM you might put the "X" in the middle because you are in between the two extremes.

ATHLETICISM

Michael Jordan _____ Rodney Dangerfield

MANNERS

Queen Elizabeth _____ Ace Ventura

FITNESS

Sylvester Stallone _____ Garfield

TACT

Oprah _____ Beavis and Butt-head

SENSITIVITY

Mister Rogers _____ Roseanne

FASHION

Princess Diana _____ Madonna

NEATNESS

Frasier Crane _____ *Peanuts'* Pigpen

SEX APPEAL

Tom Cruise / Cindy Crawford _____ Kermit the Frog / Miss Piggy

MUSICAL ABILITY

Gloria Estefan _____ Edith Bunker

CHARM

James Bond _____ The Three Stooges

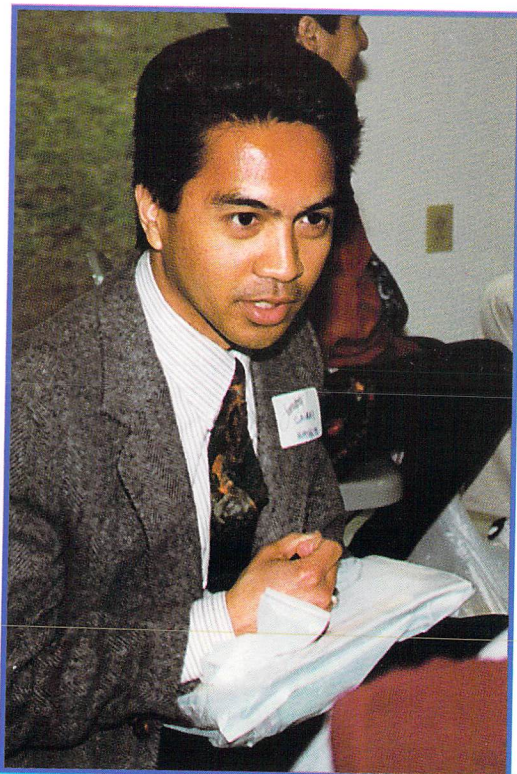
COOKING ABILITY

Betty Crocker _____ Microwave dinner

I AM MORE LIKE ...

How would you describe yourself? Are you more like a trapeze artist ... or a circus clown? Finish the sentence below by filling in the blanks. In groups of 2, take turns going down the list.

I AM MORE LIKE A _____ THAN A _____
 trapeze artist circus clown
 sprinter distance runner
 Porsche Jeep
 microscope telescope
 pitcher catcher
 stand-up comic news reporter
 glassy lake white-water rapids
 candle lightbulb
 amusement park library
 coach player
 dill pickle candy bar
 dictionary mystery novel
 in the game on the sideline
 tortoise hare
 teddy bear hungry tiger
 choir member soloist
 big city small town
 pioneer settler
 clinging vine touch-me-not flower
 sunrise sunset



MY TEMPERAMENT

How do you see yourself in the eight categories below? In each category circle one of the two statements—the one that best represents the way you are. Share your answers with your group.

ON SHOWING MY FEELINGS:

Big boys / girls don't cry. _____ I love you, man!

ON INTENSITY:

Chill out. _____ Just do it.

ON BEING GENTLE AND KIND:

Nice guys finish last. _____ You say "Jump"; I say "How high?"

ON SPIRITUAL DESIRE:

Don't go overboard. _____ Full speed ahead.

ON CARING FOR OTHER PEOPLE:

Not my problem. _____ He ain't heavy; he's my brother.

ON BEING OPEN AND HONEST:

Mind your own business. _____ Lay it on the line.

ON HANDLING CONFLICT:

Peace at any price. _____ I don't get mad; I get even.

ON PERSPECTIVE:

The glass is half full. _____ The glass is half empty.

LAY IT ON THE LINE

Where do you stand on these issues? Pick a point on each line. For instance, on FEMINISM you might put yourself in the middle, because you are equal distance between the two positions on feminism. Go through the categories, with each person sharing their answer.

ON FEMINISM: A woman's place is in the home. _____ A woman's place is in the House ... of Representatives.

ON LAW AND ORDER: Lock the "losers" up. _____ Educate and rehabilitate these victims of society.

ON ABORTION: People should have a choice. _____ Fetuses have rights too.

ON CONDOMS: Kids have got to learn to protect themselves. _____ They encourage promiscuity.

ON PORNOGRAPHY: It's a first amendment right. _____ We can't let such "freedom" destroy society.

ON SMOKING: It's my right. _____ Your right to smoke stops at my nose.

MUSIC IN MY LIFE

Go around and let everyone explain this past week—somewhere between the two extremes—in each area of their life. If you do not know the songs, just go with the titles.

IN MY WORK THIS PAST WEEK, IT HAS BEEN ...

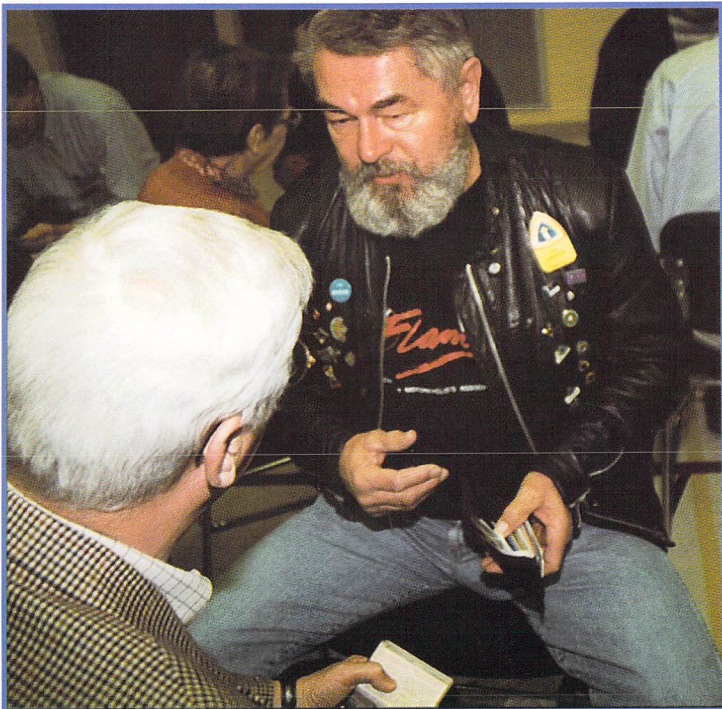
Some days the windshield,
somedays the bug _____ Everything is beautiful

ABOUT MYSELF, I'M FEELING ...

Nobody loves me but my mama,
and she might be lying, too _____ Jesus loves me

ABOUT THE FUTURE, I'M FEELING ...

There's a light at the end of the tunnel; _____ Call me a
I hope it's not a train _____ cock-eyed optimist



LIFESTYLE CHECKUP

How healthy is your lifestyle? Mark with an "X" on the lines below where you would rate yourself for each of the areas. Then get together with one to three others and take turns sharing the results of your checkup.

DIET / NUTRITION:

health food _____ junk food

EXERCISE / PHYSICAL ACTIVITY:

marathon runner _____ couch potato

SLEEPING HABITS:

"Good morning, Lord!" _____ "O Lord, it's morning!"

TOBACCO:

Mr. Clean _____ Joe Camel

ALCOHOL:

teetotaler _____ party animal

STRESS / HYPERACTIVITY:

Goofy _____ Tazmanian Devil

MENTAL ALERTNESS:

Road Runner _____ Wile E. Coyote

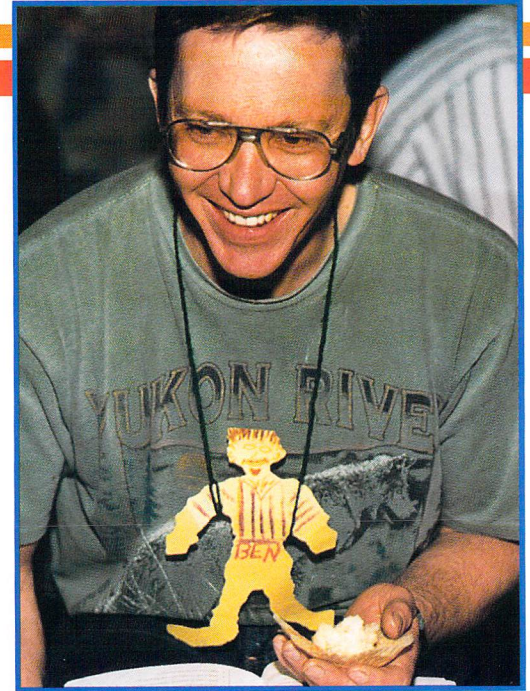
OVERALL FITNESS:

Arnold Schwarzenegger _____ Danny DeVito

RISKY BUSINESS

There are people in the world who go for all the gusto they can. Others simply try to keep their waters as calm as possible. Where are you on the risk scale? Place an "X" on the following lines. Get in groups of about 4 and share your responses with each other.

go skydiving _____ go bowling
spend my inheritance _____ put the money in the bank
take a lap around the track with an Indy driver _____ sit in the stands
try new foods _____ eat the same thing
go to a party where I don't know anybody _____ stay at home
say what I think _____ keep my opinions to myself
explore the city _____ stay close to home
watch a suspense thriller _____ watch a Disney animation
take an African safari _____ vacation on my front porch



FRIENDSHIP SURVEY

Get together with one or two others and discuss your preferences in choosing friends. On the first category—PERSONALITY—put an "X" on the line somewhere in between the two extremes and explain why. Then, let your partners explain where they marked themselves and why. Move to each category, through the list.

PERSONALITY: similar to mine _____ different from mine
COMMUNICATION: motormouth _____ quiet as a mouse
TEMPERAMENT: laid-back _____ intense
COMPATIBILITY: like doing the same things _____ not afraid to disagree and go their own way
LOYALTY: go along with me through thick and thin _____ challenge me when I need it
SELF-ESTEEM: put themselves down all the time _____ brag about themselves all the time
RELATIONSHIP TO FAMILY: speak highly of their family _____ always complaining about their family
MORAL STANDARDS: wild and free _____ stick to the rules
RELATIONSHIP TO A CHURCH: couldn't care less _____ very committed
ATTITUDE ABOUT LIFE: optimistic _____ pessimistic