

## SELF-DISCLOSURE INTRODUCTIONS-1

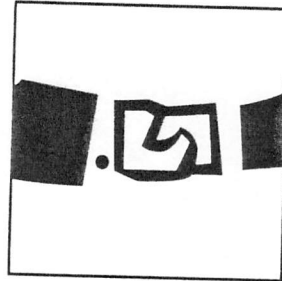
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### OBJECTIVES

To provide innovative ways of introducing members to each other.

To build team spirit by helping members to learn more about each other.

To help establish self-disclosure as a team norm.



### MATERIALS REQUIRED

None.

### PROCEDURE

Instruct participants to take two items (e.g., family pictures, credit cards, rabbits' feet) from their purses, wallets, or pockets.

When introducing themselves to the group, they should use whatever they took out to help describe themselves in at least two ways (e.g., "I am superstitious"; "I'm such a tightwad that this is the first dollar I ever earned").

### TIPS

Allow 1 minute per person.

This activity is not limited to use with newly formed teams. It can also be effective as a meeting warm-up with established teams. When introducing the activity to groups whose members already know each other, point out that there is always something new team members can learn about each other that will increase rapport and make the team members aware of each other's strengths and applicable experiences.

### IF YOU HAVE MORE TIME

Combine this activity with another one of the self-disclosure introductions.