

# SELF-DISCLOSURE INTRODUCTIONS-2

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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

Ask each team member to state his or her name and attach an adjective that not only describes a dominant characteristic, but also starts with the first letter of her or his name (e.g., Serious Stan, Mathematical Mary, Bicycling Bill, Creative Cathy, etc.).

## TIPS

Allow one minute per person.

This activity is not limited to use with newly formed teams. It also can 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.