Upward Bound Self-Disclosure

Name _____ Date _____

ANSWER EACH OF THE QUESTIONS LISTED BELOW AS OPENLY AND HONESTLY AS YOU CAN. PLEASE GIVE A COMPLETE ANSWER TO EACH QUESTION.

1. What person(s) has had the most influence on your life?

2. What "event" in your life has had the most influence on you?

3. If you had died and were allowed to come back for one day, what **THREE** things would you do. Be specific.

4. If you won a million dollars, what **THREE** things would you do first? Be specific.

5. If you were alone on a deserted island and it was possible for you to choose three people to talk to, who would they be and **WHY**?

6. If you were involved in an accident and lost your sight for one year, what **THREE** things would you like to see first and **WHY**?

7. If you were temporarily paralyzed, what **THREE** things would you miss doing the most? Be specific.

8. If you the magical power to change one thing in your life, what would it be and **WHY**?

9. If you could become anything you wanted to be, what would you become? **WHY?**

10. If you could go back in time, which **THREE** events in history would you like to see and **WHY**?

11. If you were an inventor, what invention would you create to help mankind?

12. If your friend was going to commit a bad crime, and you were able to talk to him/her before the crime, what **THREE** things would you say to your friend?

13. If your friend was involved with drugs or alcohol and he/she was always able to lie his/her way out of being caught, what **THREE** things would you discuss about his/her lying?

14. If you were expected to be at work and your friends told you about the "Big Party", what would be your decision: go to work or find a way to get out of work and **WHY**?

15. A friend borrowed one of your favorite articles of clothing. Later you found out that s/he lost it, but s/he was afraid to tell you. How would you make it easier for him/her to tell you?

16. One of your friends begins spreading rumors about your love life, and you have never gone beyond kissing. How would you tell him/her how you feel about these lies?

17. Your parents have set and 11:00 pm curfew. Most of your friends stay out until 1:00 am. How would you get your parents to change the curfew?

18. A group of your friends want you to have a party at your house while your parents are on vacation. Before they left, your parents gave you specific instructions not to have any parties. What would you tell your friends?

19. Your friends have become upset with your continued association with a group of outsiders. How would you convince your friends that there is room for both groups of people?