Chapter 1: Getting Acquainted with Ourselves and Others

Self-Discovery: Do You Know Yourself?

Self-Disclosure: Do You Know Yourself?
- The revealing of the inner-self is called self-disclosure
- Why study self-disclosure
- Who do you disclose to?
- Is self-disclosure important in a relationship?
- Do you need to disclose?
- What kind of things can you reveal to another person?
- What is the greatest risk of self-disclosure?
- What are the advantages of self-disclosure?
- Self-disclosure promotes mental health
- Self-validation
- Social control

The Johari Window (open self, blind self, hidden self and unknown self)
- Can the size of the windowpane change?

Loneliness
- Can people be lonely in the presence of others?
- Who is more lonely?

What Should a Relationship Provide?
- Emotional attachments
- Where do we get emotional attachments?
- Social ties
- How can we satisfy this need?
  - Mutual reward theory

The Fear of Getting Acquainted—Shyness
- Am I shy?
- How common is shyness?
- What is shyness
- What are the consequences of shyness?
- What is the difference between a shy and non-shy person?
- What causes shyness?
- Overcoming shyness
  - Analyzing your shyness
  - Building self-esteem
  - Improving your social skills
- Technology and shyness
Perceptual Awareness

People Perception
  First impressions
  What do you notice first?
  Prejudices
  Stereotyping
  Do our social perception influence our attitudes and behaviors toward prejudice and stereotyping?
  Inaccuracy in social perception
    Stereotyping
    First impressions
    Categorizing
    Attribution error
  Physical attractiveness
  What about dating
  What traits are important to you?
  What is the attribution process?
  The self-fulfilling prophecy
  Types of self-fulfilling prophecies
  Expectation are the basis of self-fulfilling prophecy

Can I Change my Image?
  • Impression management
  • What kind of image do you project?

Developing New Relationships
  • Steps in initiating new relationships
  • Where did you meet your friends?
  • Does familiarity breed contempt?
  • Social Networks
  • How can we have successful interactions with people from other cultures?