

Relatably Responsive

Improve your wellness by cultivating deeper relations with your loved ones. Slowly drop your guard and learn to be safely vulnerable.

**BE KNOWN FOR WHO YOU
TRULY ARE AND CAN BE**

Anankelogy Foundation

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1 Icebreakers

Some basic things about me to get the conversation started.

2 Degree of self-disclosure

How close we are points to how deep I am willing to go with you.

3 Preparing for self-disclosure

Five areas to warm up to my self-revealing intent.

4 My particular self-disclosure

Optional space to start disclosing what is to be shared.

5 Applying character principles

Opening up is much easier when disciplined by these universal principles.

6 Your response to my openness

How will you respond to what I have to expose of myself?

7 Reciprocating Relatability

Now turning this into a two-way street, to know each other much better.

Icebreakers

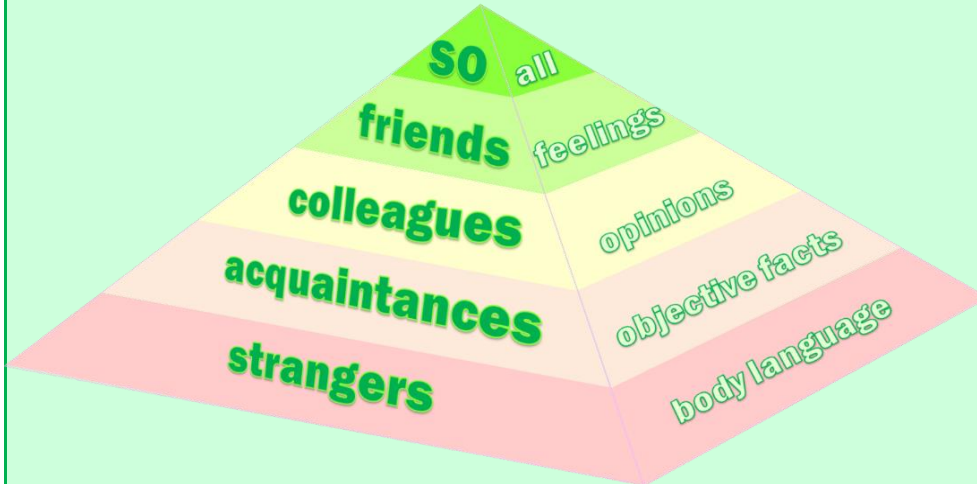
Check how well you know me by trying to answers these items.

1. Do you know my favorite hobby?
2. Do you know my favorite food?
3. Do you know my favorite song?
4. Do you know my favorite movie?
5. Do you know what food I can't stand?
6. Do you know what song I can't stand?
7. Do you know what movie I can't stand?
8. Do you know my pet peaves?

↑ Degree of self-disclosure ↓

RELATIONSHIP DEPTH

REVELATION DEPTH



SECRETS

I feel I currently can safely share with you
But I seek to reliably share with you

FEELINGS

I feel I currently can share
But I seek to reliably share with you

OPINIONS

I feel I can safely share with you
But I seek to reliably share with you

THOUGHTS

I feel I can safely share with you
But I seek to reliably share with you

OBJECTIVE FACTS

I feel I can safely share with you
But I seek to reliably share with you

BODY LANGUAGE

I feel I can safely share with you
But I seek to reliably share with you

↑

Preparing for self-disclosure

↓

1. My intent to disclose something to you:	How?
<div></div>	<div></div>

2. What I hope to share:	<div></div>
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3. Some reasons why I could be hesitant about sharing this:

Pick at least one reason, or up to ten reasons that come to mind.

<div></div>	<div></div>
<div></div>	<div></div>
<div></div>	<div></div>
<div></div>	<div></div>
<div></div>	<div></div>

4. Possible self-rationalizations I had at the time:

Pick at least one reason, or up to five reasons that come to mind.

<div></div>	<div></div>
<div></div>	<div></div>

5. Why I likely have not shared this before:

Pick at least one reason, or up to five reasons that come to mind.

<div></div>	<div></div>
<div></div>	<div></div>

↑ My particular self-disclosure ↓

Optional: Use the space below to practice your self-revelation. Or use a separate document.

↑ Applying character principles ↓

As I disclose more of myself to you, I anticipate you will recognize things about me that I do not readily realize. I welcome you to point out my blind spots if applying one or more of these character principles.

<input type="checkbox"/>	gratitude	<input type="checkbox"/>	grace	<input type="checkbox"/>	endurance	<input type="checkbox"/>	patience
<input type="checkbox"/>	humility	<input type="checkbox"/>	forgiveness	<input type="checkbox"/>	perseverance	<input type="checkbox"/>	trustworthiness
<input type="checkbox"/>	honesty	<input type="checkbox"/>	atonement	<input type="checkbox"/>	discipline	<input type="checkbox"/>	generosity
<input type="checkbox"/>	kindness	<input type="checkbox"/>	mercy	<input type="checkbox"/>	equanimity	<input type="checkbox"/>	empathy
<input type="checkbox"/>	gentleness	<input type="checkbox"/>	justice	<input type="checkbox"/>	resilience	<input type="checkbox"/>	love

The more you aptly apply these universal characters, the better the results.

Let these character principles guide each other to relate more vulnerably with each other. The more you offer empathy, patience, and forgiveness to the other, the more they can honestly admit to you. The more resilient you show you can be when bringing up some painful stuff, the more trust you build in your relatability. Pick a character principle that best applies to this situation. You can always change it to another each time sharing something new.

The "Johari Window" serves as a helpful tool for recognizing how such character can help.

A. Arena

CHARACTER can help us know each other better. At least better than before.

B. Blind spots

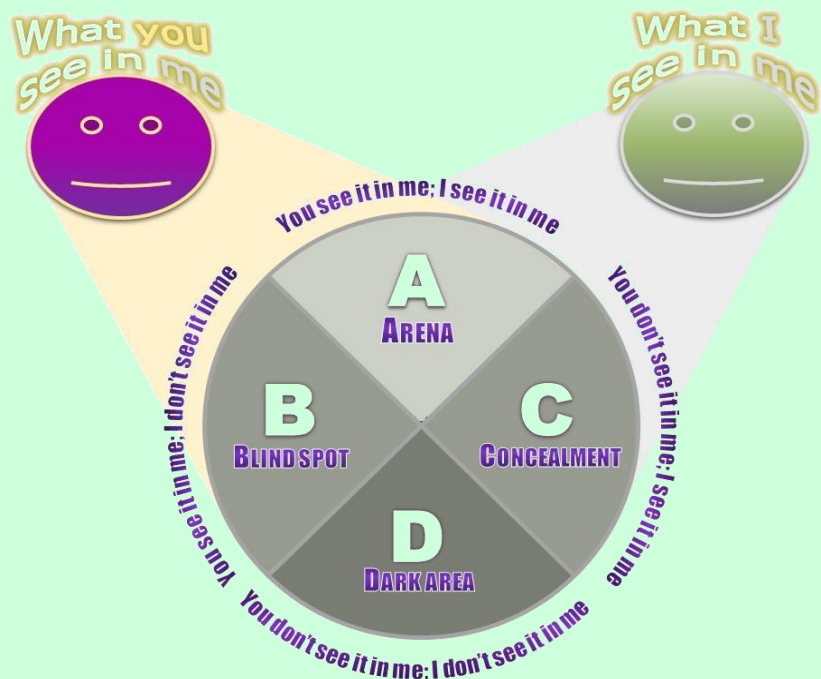
With CHARACTER, you can help me admit things I do not recognize in myself right now.

C. Concealment

With CHARACTER, I trust I can reveal even more hidden stuff about myself.

D. Dark area

Let CHARACTER help us recognize what both of us cannot see in me right now.



Johari Window: 4 quadrants of relatability with others.

↑ Your response to my openness ↓

How will you react to my vulnerability? Will your reaction provoke my defenses, and spur me to raise my guard? Or will your response encourage me to open up even more?

Which of these responses best captures your responsiveness to my self-revelation?

<input type="checkbox"/> accepting	<input type="checkbox"/> encouraged	<input type="checkbox"/> shocked
<input type="checkbox"/> alarmed	<input type="checkbox"/> inspired	<input type="checkbox"/> surprised
<input type="checkbox"/> appreciated	<input type="checkbox"/> mischaracterized	<input type="checkbox"/> tolerated
<input type="checkbox"/> confounding	<input type="checkbox"/> puzzling	<input type="checkbox"/> understood
<input type="checkbox"/> disturbing	<input type="checkbox"/> questions	<input type="checkbox"/> upsetting

other:

Let's face it. Some items can be too painful to expose to other's scrutiny. You may unwittingly open a can of worms that lay bare a traumatic experience. You may not even recognize its toxic or traumatic impact on you. Mouse over this and read the added text that appears for negotiating such moments when a traumatic experience provokes your natural defenses.

Use the 'praise sandwich' format to improve accountability

GOOD NEWS

Share something that you appreciate about me.

BAD NEWS

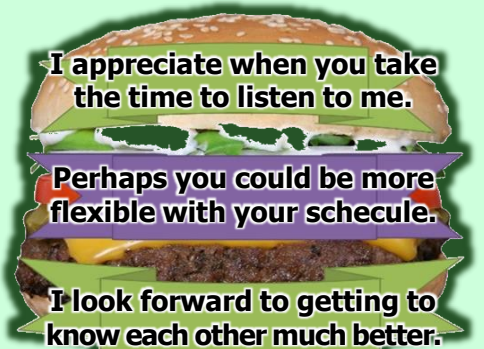
Suggest where I can improve myself.

GOOD NEWS

Continue supporting each other's development?



EXAMPLE



Reciprocating Relatability

A one-way self-disclosure tends to be awkward. You are encouraged to apply the following process to reciprocate each other's relatability to each other's deeper truths. Invite the other person to download their own copy of this helpful tool. Then you can both work on it together.

MUTUAL RELATABILITY PROCESS

Preparation: Build Rapport

1. **YOU REPORT** your personal boundaries to set the parameters of your part in this exchange.
 2. **THEY CONFIRM** your expectations to earn your trust. You both can then agree to proceed.
 3. **THEY REPORT** their personal boundaries to set the conditions for their part in this exchange.
 4. **YOU CONFIRM** their constraints to earn their trust. You both can then agree to proceed.
- Typically occurs just once around this cycle.



Unveiling: Develop Bond

1. **YOU DISCLOSE** something, testing the waters of their reliable responsiveness.
2. **THEY AFFIRM** with encouraging feedback. You gain courage to reveal even more.
3. **THEY DISCLOSE** something to you, testing your reliable responsiveness.
4. **YOU AFFIRM** with encouraging feedback. They gain courage to reveal even more.

This cycle repeats many times, until both agree to wind down.



Closure: Rewarding Results

1. **YOU DEBRIEF** how the exchange is going for you.
 2. **YOU DECIDE** to continue, or pause, or to cease for today.
 3. **THEY DEBRIEF** how this exchange is going for them.
 4. **THEY DECIDE** to continue, or pause, or to cease for today.
- This unfolds once around this cycle, but could last a few more.



DEVELOPMENT SUPPORT MODES

There are at least four ways to pursue this exchange

1. **Just the two of you.** If you already know each other well, you could use this effectively on your own.
2. **Peer guided.** You could invite a trusted friend of you both to serve as a kind of referee.
3. **Counselor guided.** If you both struggle to trust each other, seek the help of a competent counselor.
4. **Need-responder guided.** If seeking to improve your overall responsiveness, contact us at AR.org.

[Contact Us](#)