**Module 2:** Enhanced Communication and Counseling Skills for PNS

Exercise 2-2: Reflections on the Challenges with Disclosure

**Learning Exercise**

Time: 15 min

The purpose of this activity is to foster participants’ interest and empathy for index clients by recalling their own experiences disclosing difficult issues with their partner(s) or spouse(s). It is to encourage learners to share their experiences talking about difficult issues with their partner(s) or someone close to them. By linking these experiences to the learning objectives, learners can understand the benefits of disclosure and how it may improve the lives of their clients. During the activity, pay particular attention to the way learners talk about the challenges and benefits of disclosure, and take note of learners who seem to understand the benefits well, so that you may call on them to help during other activities.

* Ask learners to close their eyes and recall a time when they had something difficult to talk about with their partner or spouse. Ask learners to reflect on the feelings they had before they disclosed that issue to their partner or spouse, and what they felt like in that time.
* Then ask learners to reflect on the moment when they disclosed the difficult issue to their partner or spouse. Ask learners to recall any details about that moment that they can – the time of day, where they were when they disclosed, if there were other people around or if they were alone. Ask participants to recall how they made the decision to tell their partner or spouse in the way they did—was it a conscious decision to choose that time of day and location? What was good about that, and what could have been better?
* Finally, ask learners to reflect on what it felt like in the moment they disclosed the difficult issue, and then what it felt like after they disclosed. Encourage learners to think about the feelings they had after they disclosed the issue to their partner or spouse.

Allow participants up to 4-5 minutes to reflect on these moments. Once participants have reflected, ask learners to open their eyes and share the things that made the disclosure of a difficult issue effective or satisfying, the things that went really well or made the situation good. Ask participants to also share their ideas for how they might have made the experience of disclosing the event better. What additional preparation would have helped? What changes would they have made to the language they used? Finally, ask participants to comment on how their feelings changed from before they disclosed the difficult issue to after they disclosed the difficult issue.

Please keep participants focused on the feelings they experienced, and not the issue they were disclosing. Learners do not need to disclose the issue itself to the other learners.