

The Transparent Self; Self-disclosure And Well-being
By Sidney M. Jourard

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1963); The Transparent Self: Self-Disclosure and Well-Being (1964, 1971); Disclosing Man to Himself (1968); Self-Disclosure: An Experimental Analysis of the

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Self-disclosure: An experimental analysis of the transparent self. New York: Wiley . Loneliness, spiritual well-being, and the quality of life. In L. A. Peplau and D.

An empirical study on self-disclosure among post-90s teens in ho

empirical study on self-disclosure among post-90s teens in Hong Kong. Alan T.Y. Chana* The transparent self self-disclosure and well-being. Princeton, NJ:

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types of SNS use on users' well-being, and (2) to examine the mediating roles of online self-disclosure and friendship quality in the relationship between types of

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J is for Sidney Jourard: His Work On The Transparent Self He believed that a person could increase their inner strength by being true to their self. When I say that self-disclosure is a means by which one achieves personality health, I mean

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The relationship of self-disclosure and of psychological masculinity and femininity protection against loneliness, with androgynous students being least lonely. superficial and that no one understands them well (see Russell, Peplau, & .. Jourard, S. M. Self-disclosure: An experimental analysis of the transparent self New.

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If I were the leader of such a family of germs and had the well-being of my family at heart, flower-bed is for the geranium or the weed" (The Transparent Self).

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When self-disclosure works out well, it can have positive effects for . As we are getting to know someone, we engage in self-disclosure and move . Sidney Jourard, The Transparent Self (New York: Van Nostrand Reinhold, 1964).

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The transparent self; self-disclosure and well-being. Imprint: Princeton, N.J., Van Nostrand [1964]; Physical description: viii, 200 p. diagrs., tables. 18 cm.

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Keywords self, disorder, stigma, star, shots, bipolar, celebrity, disclosure Manic episodes are not just periods of subjective wellbeing but are intense and prolonged Jourard, S. M. (1964) *The Transparent Self*, D. Van Nostrand, New York.

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Sex differences in self-disclosure: A meta-analysis. *Psychological Bulletin* 112 Jourard, S.M., 1964. *The Transparent Self: Self-Disclosure and Well-Being*.

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In his classic book, *The Transparent Self: Self-Disclosure and Well-Being*, Jourard (1961), whose target population was social agency counselors and

“enough about me, let's get back to you”: physician self-disclosure

Some potentially good reasons for physician self-disclosure include role- modeling and of the risk for excessive self-disclosure when their own needs are not being met. . *Self-disclosure: An experimental analysis of the transparent self*.

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Bach and Peter Wyden, *The ultimate Enemy* (New York, 1970); further Sidney M. Jourard, *The Transparent Self: Self-Disclosure and Well-Being*, (New York,

6.4 self-disclosure and interpersonal communication

When self-disclosure works out well, it can have positive effects for As we are getting to know someone, we engage in self-disclosure and move . Generally speaking, some people are naturally more transparent and willing to self-disclose ,

Detecting and characterizing mental health related self-disclosure

Self-disclosure is an important element facilitating improved psychological wellbeing in individuals with mental illness. As social media is

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This would be a good instrument for counselors to use for the assessment of their clients. Furthermore, it was reported that on being transparent or open, individuals . proximity and self-disclosure of college students in the contexts of being

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Between the two CMC conditions, no differences in self-disclosure were found. these reduced nonverbal cues may enhance self-disclosure is not well understood. . communication and the highest in text-only CMC, with visual CMC being in between. .. Self-disclosure: An experimental analysis of the transparent self.

Sidney jourard - wikipedia

Sidney Marshall Jourard (1926–1974) was a Canadian psychologist, professor and author of the books The Transparent Self and Healthy Personality: An Approach From Jourard is also known for his "Self-Disclosure Theory" of humanistic therapy. He has written many other works, including essays, books, and lectures on

Psychotherapist self-disclosure and transparency in the internet age.

KEYWORDS: ethics, Internet, self-disclosure, social networks, transparency . for their well being and consequently want indepth information, i.e. transparency,

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The Transparent Self: Self-disclosure and Well-being. Front Cover. Sidney M. Jourard. Van Nostrand, 1964 - Interpersonal relations - 200 pages.

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I argue that while self-tracking may sometimes prove to be an adequate method to Quantified self Self-tracking Transparency Informational privacy Autonomy . Within this context a person can reasonably expect that her well-being is the number one priority and that any Techno-norms of disclosure.

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The Transparent Self In this book, Jourard (1971c) wrote: "a person who about being known in a group by using indiscriminate self-disclosure to fill . intruder. self as caught by the intruder, and the peripheral world, as well as the lost object".

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tive, and the less revealing was the quality of the self-disclosure in their ICQ interaction. Conversely well. The feeling of loneliness is the feeling of not being known and understood. People who analysis of the transparent self. New York:

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Patterns and functions of self-disclosure during childhood and adolescence. . (1964) The Transparent Self: Self-Disclosure and Well-Being, New York: Van

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and spiritual importance of the transparency of genuine self-disclosure. One book, actually entitled The Transparent Self: Self-Disclosure and Well-Being

Predictors of behavioral and relationship outcomes during mutual

Running head: PREDICTING MUTUAL SELF-DISCLOSURE OUTCOMES. 1 .. our study involved both participants taking turns being the discloser as well as the arrow between capability and motivation is partially transparent to indicate.

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The transparent self; self-disclosure and well-being.

Published: (1971); The transparent self. By: Jourard, Sidney M. Published: (1971) ; Healthy personality; The transparent self; self-disclosure and well-being.

Social anxiety, motivation, self-disclosure, and computer-mediated

Self-disclosure: An experimental analysis of the transparent self. paradox: A social technology that reduces social involvement and psychological well-being?

Self-disclosure & transparency in psychotherapy and counseling, by

Self-Disclosure in psychotherapy: Types of Self-Disclosures, Historical Context of Note: Internet transparency is covered in The Google Factor. . only professional data, but significant amounts of personal information as well (Zur, 2007). . Self-disclosure is a very important issue as it relates to the key issue of being "out.

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Jourard, S.M. (1964). Personal contact in teaching. Canadian Nurse, 60 (6),556- 559. . Jourard, S.M. (1964). The Transparent Self. Self-disclosure and well-being

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See, for instance, The Transparent Self (1964, 1971a) tional needs such as “ being both open and closed to . self—disclosure as well as an individual dif-.

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