Reflective writing example

Self-disclosure is an important component of developing good communication in a close relationship. According to Johnson (1999, p.45), self-disclosure is the act of letting people know personal information about oneself. It usually occurs within a personal relationship where there is a lot of trust involved or when there is a need to disclose personal information, for example, to a health professional. Early in my relationship with my partner, I felt that we had a good relationship based on trust and so I gradually disclosed things about myself. I remember feeling very apprehensive when I disclosed some of the mistakes that I had made as an adolescent, but being relieved that my partner accepted this and was not judgemental. After this, I felt that my trust in my partner was confirmed. I feel that this has probably contributed to the continued development of good communication within our relationship.	Topic of reflection Explanation of supporting theory with in-text reference – note no use of the language of personal language i.e. I, we etc. Personal example and interpretation of that example in relation to the theory Draw the ideas presented to a logical conclusion i.e. an evaluation of the relevance of self-disclosure to the communication within the relationship Use of language to modify the personal judgement

Source:
Adapted from Southern Cross University 2010.