**Personal Disclosure Activity**

Think about something you might disclose to someone: employer, significant other, family member, friend, etc. What are the pros and cons of sharing and not sharing information?

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|  | **Pros/Advantages** | **Cons/Disadvantages** |
| **Sharing** |  |  |
| **NOT Sharing** |  |  |

Which weighed the most to you? Sharing or not sharing?

What did you decide to do and why?

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**Determine the Pros/Cons of Disclosure & A Course of Disclosure**

**Scenario 1:**  
Luis is an individual who has a diagnosis of Major Depressive Disorder and reports that due to the symptoms he experienced in the past, he was unable to maintain employment. Now, Luis reports that he is feeling well with minimal symptoms and is ready to start working again to earn extra income. He receives disability benefits. He wants to work a part-time job in his local community in construction.

**Scenario 2:**  
Adriana is an individual who has a diagnosis of Schizophrenia. She reports that most of the time her mood is upbeat there are days where she is depressed. She reports having visual hallucinations in the past and now no longer endorses any current visual hallucinations. When you are sitting with her, you notice that she is responding to internal stimuli. Adriana is in her early 40s and reports that she wants a part-time job as an administrative assistant.

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| **Pros of Disclosing:** | **Pros of NOT Disclosing:** |
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| **Cons of Disclosing:** | **Cons of NOT Disclosing:** |
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| **Should the Person Disclose?:** | **Why or Why not?:** |
|  |  |
| **When?:** | **What?:** |
|  |  |
| **To Whom?:** | **How?:** |
|  |  |

**Scenario 3:**Xander currently is working as a crane operator at a shipyard. Xander has a diagnosis of Bipolar Disorder and reports taking a lot of different kinds of medication. He reports that his medication interferes with his work, and he calls out from time to time. He reports that he often makes up stories about why he cannot come into work that day because he does not want his boss to know about the medication and/or his overall mental health. The other day, Xander reported that he had received a verbal warning from his supervisor due to calling out so much and is now rethinking about whether he should disclose to his supervisor.

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| **Pros of Disclosing:** | **Pros of NOT Disclosing:** |
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| **Cons of Disclosing:** | **Cons of NOT Disclosing:** |
|  |  |
| **Should the Person Disclose?:** | **Why or Why not?:** |
|  |  |
| **When?:** | **What?:** |
|  |  |
| **To Whom?:** | **How?:** |
|  |  |

**Scenario 4:**Mia is 22 years old and eager to get her first real job. She has applied for a teacher position working with five- and six-year-old children at a school. The head of the school calls to tell Mia that she has the job, and she wants Mia to come in and see her the next day. Mia wonders if she should tell them that she was hospitalized last year for a depressive episode but has not had a hospitalization since then. Mia regularly sees her psychiatrist and therapist. Mia is thinking about disclosing her mental illness to her potential employer to ask for work adjustments.

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| **Pros of Disclosing:** | **Pros of NOT Disclosing:** |
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| **Cons of Disclosing:** | **Cons of NOT Disclosing:** |
|  |  |
| **Should the Person Disclose?:** | **Why or Why not?:** |
|  |  |
| **When?:** | **What?:** |
|  |  |
| **To Whom?:** | **How?:** |
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