

Personal Sharing Continuum

The extent to which the group leader shares his/her personal information with Family Members in FPE is largely one of personal comfort and choice. As an experienced clinician, you likely intuit that there are certain types of sharing in FPE that are questionable, even inappropriate. This worksheet is designed help increase your awareness of the different levels of personal sharing that you, as an FPE facilitator, are asked to disclose under this model. We use this exercise as a tool to create a personal list of specific information you can share comfortably.

	Sharing: Personal information	Sharing: How I have been affected by mental illness.
Safe to disclose	Work: Job Relationships, kids, Hobbies Pets, Where born, films, books, etc	How I came to be here today: Path to MFG in career. My training. Sharing about MI in a close relative vs. sharing about grand-parents.
Gray area: depends upon comfort level and situation	Religion Politics Sexual orientation	Personal medical or diagnosis of MI
Not safe to disclose	Personal problems Dramatic stories, esp. about mental illness.	

A good rule-of-thumb on whether to disclose or not to disclose information is to assess your own comfort level; if it feels awkward and uncomfortable, wait or ask for feedback from your co-leader!