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## Module 13, Lesson 2 Quiz: The Basics of Self-Disclosure

1. True or false. Self-disclosure is usually a good tool for a counselor to use and can be helpful in building a friendship, which is essential.
  - a. True
  - b. False
2. Self-disclosure can be beneficial to a client for all of the following reasons, except:
  - a. It can help to reduce the power differential between you and the client
  - b. It can increase trust in the counseling relationship
  - c. It can help your client to feel less alone, knowing you have the same issue
  - d. It can speed up their recovery
3. Effective self-disclosure is most effective when:
  - a. Great detail is given and the connection between client and counselor experiences are clearly explained
  - b. The professional boundaries are lifted and a friendship can form
  - c. Disclosure deepens understanding and trust building occurs
  - d. It is used liberally
4. Self-disclosure can spill over into social media through photos, postings and shared interest. For this reason:
  - a. It is important to maintain a professional presence in all posts
  - b. It is never OK to self disclose. Stick to generic health and wellness posts
  - c. Thought and care regarding self-disclosure should always be weighed so clients are not triggered by what they see or read
  - d. A & C