



Openness

Openness to others can be very helpful in establishing better, stronger and more meaningful relationships. Being open helps improve one's capability to communicate more with the special people in his life, such as members of his family, his friends and God. Opening up can also make it easier for the other people to get to know you more as a person. But there are also some instances wherein being too open can be unhealthy.

Questions:

1. Do you think that communication is very important? How important is it?
2. To whom do you usually tell your happy or sad stories?
3. Are you open to your family about what's happening to your life?
4. Do you believe that communication is one of the keys to good relationship with a friend or with a family member? Why?
5. Why is being too open can be somehow unhealthy?