

Disclosure Expectations Scale

INSTRUCTIONS: For the following questions, you are asked to respond using the following scale: (1) Not at all, (2) Slightly, (3) Somewhat, (4) Moderately, or (5) Very.

1. How difficult would it be for you to disclose personal information to a counselor?
2. How vulnerable would you feel if you disclosed something very personal you had never told anyone before to a counselor?
3. If you were dealing with an emotional problem, how beneficial for yourself would it be to self-disclose personal information about the problem to a counselor?
4. How risky would it feel to disclose your hidden feelings to a counselor?
5. How worried about what the other person is thinking would you be if you disclosed negative emotions to a counselor?
6. How helpful would be to self-disclose a personal problem to a counselor?
7. Would you feel better if you disclosed feelings of sadness or anxiety to a counselor?
8. How likely would you get a useful response if you disclosed an emotional problem you were struggling with to a counselor?

Items 1,2,4, & 5 are summed for the Anticipated Risks subscale; items 3,6,7, & 8 for the Anticipated Benefits subscale