

PUBLIC AND PRIVATE SELF

From Barnlund's Public and Private Self in Japan and the United States

Exercise adapted by Drs. M & J Bennett

Please mark the following topics as:

Private: if it is comfortable to discuss only with self and in intimate relationships

Public: If it is comfortable to discuss with casual friends, acquaintances or strangers

	PUBLIC	PRIVATE
ATTITUDES AND OPINIONS:		
1. What I think and feel about my religion: my personal religious views	-----	-----
2. My views on politics	-----	-----
3. My views on racial integration	-----	-----
4. My views on sexual orientations	-----	-----
5. The things I regard as desirable for a person to be	-----	-----
TASTES AND INTERESTS		
1. My favorite foods; my food dislikes	-----	-----
2. My likes and dislikes in music	-----	-----
3. My favorite reading material	-----	-----
4. The kinds of movies and TV programs I like best	-----	-----
5. The kind of party or social gathering I like best/bores me	-----	-----
WORK OR STUDIES		
1. What I feel my shortcomings are that prevent me from succeeding	-----	-----
2. What I feel are my special strong points for work	-----	-----
3. My goals and ambitions in my work	-----	-----
4. How I feel about my career; my satisfaction level	-----	-----
5. How I really feel about the people I work for and/or with	-----	-----
MONEY		
1. How much money I make at work	-----	-----
2. Whether or not I owe money and if so, how much	-----	-----
3. My total financial worth	-----	-----
4. My most pressing need for money right now	-----	-----
5. How I budget my money	-----	-----
PERSONALITY		
1. Aspects of my personality I dislike	-----	-----
2. What feelings I have trouble expressing or controlling	-----	-----
3. Facts of my present sex life	-----	-----
4. Things I feel ashamed or guilty about	-----	-----
5. Things that make me feel proud	-----	-----
BODY		
1. My feelings about my face	-----	-----
2. How I wished I looked	-----	-----
3. My feelings about parts of my body	-----	-----
4. My past illnesses and treatment	-----	-----
5. Feelings about my sexual adequacy	-----	-----

TOTAL PRIVATE TOPICS -----

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