



Contents

Series Editors' Introduction	vii
Preface	ix
1. Self-Disclosure: A Useful Behavior for Studying Close Relationships	1
A Functional Analysis of Self-Disclosure	3
The Content of Self-Disclosure	4
Overview of Chapters	6
2. Developing Close Relationships	8
Self-Disclosure and Relationships Are Mutually Transformative	9
A Model of Relational Development and Decline	11
Transformation Agents	15
Relational Definition	16
Time	22
Attributional Processes	27
Liking	30
Reciprocity	33
Goals	37
Conclusions	42

3. Gender	44	
Gender Effects on Self-Disclosure in Same-Sex Relationships	46	
Gender Effects on Self-Disclosure in Dating and Marital Relationships	50	
Men Exercising Control in an Initial Acquaintance Situation: A Case Where Males May Exceed Females in Self-Disclosure	52	
Mechanisms Underlying Gender Differences in Self-Disclosure	55	
Gender Differences in Self-Disclosure and Success in Coping With Relationship Problems	59	
Conclusions	63	
4. Privacy Regulation and Vulnerability	65	
Privacy Control Mechanisms	66	
Individual Differences in Perceived Vulnerability Associated With Self-Disclosure of Private Information	69	
Secrets and Taboo Topics in Close Relationships	73	
Disclosing Secrets to a Relationship Partner	79	
Choosing an "Appropriate" Versus an "Inappropriate" Disclosure Recipient	85	
Conclusions	86	
5. Coping With Stress and Social Support	89	
The Linkage Between Confiding/Nonconfiding and Health	91	
Why Is Disclosure Beneficial and Nondisclosure Harmful?	94	
When Self-Disclosure Is Not Beneficial	103	
How Many Confidants Are Enough?	110	
Conclusions	111	
6. Epilogue	113	
Self-Disclosure Quiz	114	
Conclusions	117	
References	119	
Index	133	
About the Authors	141	