

# **Conversation**

## **Social Anxiety West Topic Session**

This topic is about conversation. The questions are intended to prompt your thinking around the topic. You do not have to answer them, although it may be beneficial to you if you do.

### **Questions**

- **What is difficult for you when having conversations?**
- **In what situations do you find it easier to have a conversation and what situations do you find it harder?**
- **Most people with social anxiety find periods of silence during conversations uncomfortable. Why do you find silences uncomfortable and what do you do when there is one?**
- **Do you see conversations more as something to get through or something to enjoy? How do you think each perspective changes how you feel and how the conversation goes?**
- **What do you fear happening when your mind goes blank, you trip over your words, or whatever you fear most during conversations happens?**
- **People with social anxiety often focus inwardly on their concerns and worries during conversations. How might this affect the conversation they are having and how might focusing outwardly on the conversation help?**
- **If you are often concerned that you won't know what to say during conversations, how might having a purpose behind each conversation help with this?**
- **When speaking to someone, would you rather they said what they thought you wanted to hear or said what they wanted to say? Why, and how does this relate to social anxiety?**
- **How do people's conversations differ depending on how well they know someone?**
- **What kinds of conversations would you like to have more of?**