

# **Employment**

## **Social Anxiety West Topic Session**

This topic discusses employment and is aimed towards both those in employment and those seeking work. 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**

- **How do you feel about your current employment status (employed/unemployed) and the kind of job you have if you have one?**
- **What kind of thoughts do you have about how others might view your type of job or unemployment?**
- **What are some of the things you fear happening (if any) when phoning about jobs or having interviews?**
- **What are some worries you might have about being able to cope with full-time employment?**
- **In what ways do you sometimes underestimate yourself and your ability to cope when it comes to having a job?**
- **Do you choose the type of work you go into based on what you think you can cope with or what you want to do?**
- **What are some times when you have exceeded your expectations of yourself in work or elsewhere?**
- **How does your ability to assert yourself and any fears of authority figures affect your experience of work?**
- **Perfectionism is commonly associated with social anxiety. How does it affect you (if at all) in your job or when applying for jobs?**
- **Do you think it is healthier to be in employment or out of employment and why?**
- **What would be your ideal job? Is your choice of ideal job mainly motivated by getting away from things you do not like or being involved in things you do like?**