

Family

Social Anxiety West Topic Session

This topic discusses family and includes your children (if you have some) as well as your parents and siblings etc. The questions are intended to prompt your thinking around the topic. You do not have to answer them, although it may be beneficial for you if you do.

Questions

- **Do your family experience any mental health challenges and if so, what kind of things?**
- **How do your family's issues affect you, if at all?**
- **How are members of your family similar or dissimilar to you?**
- **In what ways do you find that your social anxiety interferes with your family relationships?**
- **In what ways are you dependant on family members?**
- **What do your family members do that facilitate you being dependant on them (if at all)?**
- **How might dependence on family members prevent your confidence from growing?**
- **What was the sociable side of family life like when you were growing up?**
- **What beliefs, attitudes and outlooks on life might you have adopted from your family?**
- **What concerns or thoughts do you have (if any) about your anxiety affecting your children, or future children?**
- **How would you like your relationships with your family to be?**