

Friendship

Social Anxiety West Topic Session

This topic discusses friendship. 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

- **Friendship is many different things to many different people. What is friendship to you?**
- **What has the quantity and quality of your friendships been like in the past?**
- **In what ways has your social anxiety affected your friendships and ability to form friendships?**
- **Do you find certain groups of people easier to be friends with? i.e. older people, younger people, men, women, people from other countries etc. Why do you think this is?**
- **What do you think the ingredients for a good friendship are?**
- **Which of those ingredients are you good at and which do you feel you need to work on?**
- **Does strong dependence or strong independence ever play an unhelpful role in your friendships? If so, in what ways?**
- **A lot of people with social anxiety start to distance themselves from a person when that person starts to get to know them on a more personal level. Why do you think this happens and how can awareness of it help you?**
- **What kinds of things would you like to do with friends?**
- **What role does friendship play in your life? Or rephrased, why do we need friends?**