

Goal Setting Examples

I want to work on: my fear of making eye contact.

If I overcame this fear, I would feel: more confident in myself when speaking to people.

It would mean: I can have a conversation without having to worry about what people are thinking about me when I'm avoiding their gaze.

Some in-between steps I could take are:

1. Look up and around at people who are busy doing other things without making eye contact.
2. Glance up at people's faces who I pass in the street.
3. Make eye contact for brief periods during conversations until I feel okay with it.
4. Gradually increase the amount of time I make eye contact for when speaking to people.

I will start by: Looking up and around at people more – maybe in the supermarket.

My resources and opportunities are: Group sessions, supermarkets, people I volunteer with, and people in the street.

I will work on my thinking habits by: Practicing imagining people responding positively to me; Practicing focusing on what people are saying rather than worrying about if I'm making eye contact correctly.

The problems I might encounter are: I might still find it very difficult to make eye contact. I will likely find it difficult not to think about my eye-contact and will worry that people will think I'm staring at them.

I will overcome these problems by: Taking small steps and repeating them until I feel comfortable enough to move on; Reminding myself that I need to move forward with this and that it's okay to not look natural while I'm unfamiliar with making eye-contact; I will stay focused on my goal and why I want to achieve it.

I want to work on: my fear of saying the wrong thing that stops me from speaking

If I overcame this fear, I would feel: more accepted and comfortable talking to people

It would mean: I can start to talk with people, make friends, and let them get to know me meaning I won't be so lonely.

Some in-between steps I could take are:

1. Asking people some simple questions about themselves.
2. Taking a risk to say something really small even if I'm not sure how people will respond.
3. Talking to the few people I do feel comfortable with more.
4. Saying something small or expanding on it a little during the opening round in the groups.

I will start by: saying something small during the opening round in the groups.

My resources and opportunities are: The SA group sessions. People I'm more comfortable with. Any social situation. Times when people try to talk to me.

I will work on my thinking habits by: Practicing imagining people responding well to what I say. Gently encouraging myself to take steps rather than pressuring and bullying myself. Stopping myself from criticising myself and responding more compassionately to myself when I make mistakes while speaking.

The problems I might encounter are: I might not be able to think of something to say. I'll be too scared to speak. I tend to automatically criticise myself.

I will overcome these problems by: thinking about what I want to know about people and what I want to communicate to others. If I'm too scared then I need to work out another easier in-between step I can take. If I do criticise myself then I'll take the time afterwards to think about how I could have responded more compassionately and work on being more aware of how I treat myself.