

Openness and Honesty

Social Anxiety West Topic Session

These 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

1. How do you feel about the thought of being open and honest about yourself and your life right now?
2. Are there significant difficulties you have in your life that you are not open and honest about?
3. Is there one you could share now?
4. What prevents you from being more open and honest?
5. In what ways does social anxiety make it harder or easier to be more open and honest?
6. What's the difference between openness and honesty?
7. What do you think and how do you respond when other people are honest and open?
8. How does openness and honesty relate to intimacy in relationships?
9. If at all, what kind of things do you lie about because of your social anxiety? For example do you pretend that your life is different from how it is?
10. How is openness and honesty important within the group?
11. What is a relationship like without openness and honesty?
12. How do you feel when others are not being open and honest with you?