

# 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. What is the difference between openness and honesty?
2. How easy or hard do you find it to be open and honest with other people about your social anxiety?
3. How easy or hard do you find it to be open and honest about your likes, dislikes and opinions to others?
4. If you don't mind sharing them, what are some things you find it difficult to be open and honest about?
5. Sometimes with social anxiety we tell white lies to avoid social encounters, hide our anxiety or hide the effect it has had on our life. What are your feelings surrounding this?
6. How open and honest are you with yourself? Consider both unrecognised positives in yourself as well as truths you are not facing up to.
7. What prevents you from being more open and honest and what steps could you take open up more?
8. What is the effect of people being open and honest within the group?
9. What role does openness and honesty play in developing intimacy in relationships and forming close relationships?
10. Particularly with social anxiety we may be inclined to go to extra lengths to hide our perceived flaws and inadequacies, but what positive value might there be in sharing such things?
11. How do you feel when others are open and honest with you about their mistakes, perceived flaws and inadequacies?