

# **Overcoming Social Anxiety**

## **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 know when you've overcome social anxiety? or, How will you recognise when you've achieved your goal?
2. What has your recent approach to overcoming social anxiety been?
3. Is your approach similar or dissimilar to other people's approach?
4. How long have you been trying your approach and how effective has it been for you? Do you have an approach?
5. If you worked for a health company and you were in charge of treatment for people with social anxiety, what kind of plan and first steps would you suggest for someone like yourself?
6. What are your reasons for wanting to overcome social anxiety? How has life been recently and how would it be if you could progress?
7. Do you struggle with motivation? How much focus do you give your reasons for moving forward?
8. Do you really believe you can overcome your social anxiety? How much time do you spend focusing on how you can move forward compared to why you cannot?
9. What do you see as the source of your social anxiety and in what way does this influence your approach to overcoming it and motivation?
10. What is one simple thing that you can do repeatedly to significantly increase your chances of becoming more socially confident?