

# **Relationships**

## **Social Anxiety West Topic Session**

This topic discusses both love relationships and other kinds of relationships. 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**

- **What are the important relationships in your life?**
- **What kind of relationships do you feel you are lacking that you would like to have in your life?**
- **How does being socially anxious affect your relationships with your family and friends?**
- **What kind of things do you do to look after the important relationships in your life?**
- **If you have not been in a love relationship before or for a while, what specific fears hold you back from getting into one? What do you fear might happen?**
- **What fears do you have around physical touch and how do they hold you back? i.e. holding hands, hugging, kissing, sex.**
- **What are the things that are important to you in a relationship and in relationships in general?**
- **What do you want back from someone you are in a relationship with and is it something you are giving out yourself?**
- **If you had to choose, would you rather have someone be open and honest with you or be confident and fun? What was your decision based on?**
- **Intimacy is the foundation of close relationships, what are the foundations of intimacy?**
- **Is showing strength or vulnerability more important in the development of intimacy? Why?**