

# **School**

## **Social Anxiety West Topic Session**

This topic is about school and education. You might not still be at school, but most people with social anxiety have had experiences during their school years that have played a significant role in influencing their present life. 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**

- **What was your experience of primary and secondary school like and how much were you affected by social anxiety at those times?**
- **How have your experiences of school influenced what kind of activities you like and dislike?**
- **The like and dislikes in your answer to the above question were formed a long time ago. In what ways might it help you to re-evaluate these likes and dislikes if you've not done so already?**
- **What worries and concerns do you have about attending courses and being involved in education in the present (if any)?**
- **What were your least and most favourite subjects at school and why? Was this influenced by you having anxiety at all?**
- **What were the biggest pressures for you while you were at school? e.g. performance, having a boyfriend/girlfriend, peer pressure**
- **How was your personality when you were at school different from what it is today (if any change)?**
- **What kinds of people did you hang around with at school (if any)?**
- **If you were socially anxious or very shy at school, did anyone pick up on this and offer help or support? What kinds of things did people say if anything at all?**