

The Future

Social Anxiety West Topic Session

This topic is about your future. 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

- **How far into the future do you usually think?**
- **Is the future something you avoid thinking about or spend a lot of time thinking about? Why?**
- **If you were at the end of your life looking back over it, what memories would you like to recall?**
- **What do you predict your future will be like if you carry on as you are without making any significant changes?**
- **If you project yourself one year into the future and think about what life might be like, what is one thing you wish you'd done today to make it different?**
- **Our worries that cause us anxiety are generally negative predictions about what might happen in the future. In what ways do your worries affect your outcomes in social situations?**
- **Your future is unwritten. Do your predictions about your future lean towards the negative or positive, and how might your predictions influence how your future generally turns out?**
- **Do you have any concerns about the future that you wouldn't mind sharing?**
- **What goals are you currently working on, if any?**