

The Past

Social Anxiety West Topic Session

This topic is about your past. It is likely that some of you have had very distressing and traumatic experiences in the past. Please only share what you feel comfortable sharing. Please refrain from asking people questions about their experiences if they appear uncomfortable or resistant to answering. Also, please remember that we must report all disclosures of child abuse (past or present). 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

- **Sometimes when we are struggling in life it can be hard to remember the good times, but it is often beneficial when we do. What are some good or happy memories you have?**
- **If you don't mind sharing them, what are some of the key events that have played a part in your life and you believe have contributed to your social anxiety?**
- **How much time do you spend thinking about the past? What kind of things do you think about?**
- **Considering your answer to the above question, how might the way you've been focusing on the past influence how you feel and how might you change your focus (if at all)?**
- **Do you either find it hard or easy to let go of the past? Why?**
- **What benefits might you be getting from hanging on to the past or through blaming current difficulties on the past? How could they be holding you back in life?**
- **Can you change the past, and if not, what can you do about unpleasant memories and things from your past that affects your life today?**
- **What are some of the benefits and disadvantages of discussing the past?**
- **What are some of the biggest lessons you've learnt from your past?**