



Anxiety Support Session

Anxiety & Perspective/Experience

Hi there! Welcome to our Anxiety support session. These discussions are designed to raise awareness and shed some light on issues surrounding anxiety. They are hosted for an hour at the same times every week and are an opportunity for you to share your experiences and relate to others. This is a safe space for everyone involved so please remember to be kind and respectful to all participants. If you find you are personally affected by any of our discussions then please feel free to contact our active listeners for 1-on-1 support. (<http://7cups.com/BrowseListeners>) We look forward to hearing your opinions,, all we ask is you allow others to have theirs by limiting other topics for the duration of the discussion to prevent breaks in the conversation. Thank you kindly.

This discussion is focused on the idea of perspective, and how you can use it to look at experiences in a variety of ways..

**** ICEBREAKER **** Let's start with something easy, just to get comfortable with talking around one another.. If you could be any animal, what would you like to be and why?

1. Okay, so we can measure and see if this discussion has been useful, On a scale of 1-10. (1 being 'not very easy at all' and 10 being 'it comes naturally') How easy do you find it to see things from another persons point of view?
2. What do we think anxiety is? Where does it come from and how does it develop?
3. Do you think anxiety defines us as people? Is it a part of who we are or is it something outside of ourselves?.
4. Do you think two people can have the same experiences? Why/Why not?
5. Do you think anxiety can have an impact on the way we view or remember our experiences?
6. Have you ever tried to look at a situation by imagining you weren't involved?
7. Think of a recent memory you have had, it doesnt need to be anything important or significant. Have you ever thought about what other people might think if they went through the same experience? What would they say that might be different?
8. Imagine you are a Listener, if you could stand back and see yourself, what would you say to help or support that person standing in front of you?
9. .Do you think it's possible to see someone else's views of an experience you also have been a part of? If so, Is it possible to be aware of their thoughts and feelings?
10. How do you feel, seeing things this way could be beneficial in relation to anxiety? How would you use it?
11. In the beginning we asked ourselves how easily do we find it to see things from another persons point of view. How do you feel you rate now? Would you consider using it more in the future?

Conclusion

Thank you everyone for taking the time to share, it was really nice to see you all getting involved and reading your opinions. I hope everyone has found it an insightful experience and if you have any feedback, you can submit it in the link below. If you have any further questions then feel free to post in chat or message me privately, and I hope to see you all again next week!

Feedback form:

https://docs.google.com/forms/d/e/1FAIpQLSfSTznB6PKrcmD7AznL4HqVI8Z_f7IsAeDHi6JnScMBoSJ7g/viewform