

What Do You Think About 'Being Social'?

In this exercise, writing out and completing these phrases quickly can sometimes help us to bypass our rational brains to reveal instinctive, ingrained attitudes that we hold. These attitudes may be a result of how we grew up, what we've learnt recently or what our experiences have led us to believe. What is revealed may surprise you.

Complete the following sentences.

The first thing that comes to mind when I hear the word 'social' is _____.

People who are social are _____.

Thinking about being social makes me _____.

I'd be more social if _____.

My dad thought being social was _____.

My mum was social when _____.

In my family, being social was considered _____.

My favourite way to spend time with people is _____.

I'm exhausted by people when _____.

If I was given two extra hours a week and I could not work I would _____.

One person I would love to spend time with right now is _____.

One conversation I am avoiding right now is _____.