

Anxiety and Social Interaction/Opening Up

Hello and welcome to our Anxiety Support Session. Today we will be talking about [Anxiety and Social Interaction/Opening Up](#). These sessions will run at the same time each week and they are an opportunity for you all to learn from and share with one another. Let's remember to show kindness and support to others in the group at all times. If you need more support during this time, please connect 1-1 with a listener (<http://7cups.com/BrowseListeners>).

Everyone is welcome to share and participate as they would like, but we kindly ask you to limit your conversations in this room for the time being so the discussion can take place. Thank you!

1. Let's start with an ice breaker! If you could pick a new skill in an instant, what would it be and why?
2. On a scale from 1 to 10, with 1 being the worst and 10 being the best, how would you rate the way you're feeling right now? Can you explain why you feel this way right now?
3. Today's topic is about how our anxiety causes us to isolate and how we can open up from that isolation. Let's first talk about what your anxiety tells you in terms of isolation and how do you handle/react to that?
4. In what ways do you isolate yourself in everyday life? What do you avoid doing day to day? Who do you avoid in general?
5. Isolation feeds our anxiety and causes many other emotions. How do you think isolation feeds your anxiety and what does it feel like for you? Can you identify any other emotions that you feel because of this?
6. We have determined that isolation has a profound negative effect on our anxiety. If you could open up to someone about this who would it be and why? What coping tools would you use to open up with first?
7. Having social support is psychologically powerful. Most people do not want to feel that they are not supported by friends/family, but for those with anxiety, gaining that support can be very frightening. What beliefs do you have about opening up to people about yourself and your anxiety?
8. Let's now talk about how we can cope with those beliefs and better open up to finding a support system. How do you think expanding your support system will help your anxiety?
9. What are some ways you can expand your support system? How can you lessen your anxiety about this? One example would be to evaluate who in your life has a positive influence or impact and reminding yourself that they are there to support you.
10. Distorted perceptions of social interaction often lead to feelings of anxiety and inadequacy. Stepping back from your initial feelings about social interaction is not something people naturally do. But this can be helpful in order to analyze your thought process. What are some ways your thoughts trick you into negative feelings and how can you reframe those thoughts?
11. Feeling motivated to be socially interactive can be a challenge. What are some ways you can help push your motivation levels? (Joining a peer group, starting a new hobby, speaking to a trusted friend, writing your feelings out in a journal)

12. In the beginning we asked you to rate how you are feeling on a scale from 1 to 10, with 1 being the worst and 10 being the best. How would you rate how you are feeling now?

Thank you to everyone who participated in this discussion on Anxiety and Social Interaction/Opening Up. It was a pleasure having you all here! You all did a great job with offering thoughtful comments to the discussion questions. I think it was a really positive experience!

If anybody has any feedback for this discussion, please fill out this form :)

Feedback form:

https://docs.google.com/forms/d/e/1FAIpQLSfSTznB6PKrcmD7AznL4HQVI8Z_f7IsAeDHi6JnS_cMBoSJ7g/viewfor