

FEELING ANXIOUS TALKING TO PEOPLE

If you feel anxious and worried about what others will think of you, it can be difficult to extend your connections. It is helpful to practice or plan for social situations you may encounter to give you the confidence to actually do it. The following methods can help you to do this.

Write Scripts

Think of a social situation and make a film in your mind... run through what you could say and how you could respond.

Role-play

Choose a task e.g. joining a play group. Ask a friend or your PuP therapist to help you practice the task from beginning to end.

During this role play notice what is happening to YOUR body.

Empowerment

Taking risks in social situations by doing something you find difficult is a great achievement. You would praise your children if they had done something brave - so make sure you give yourself a pat on the back.

Seeking

With limited resources seeking out agencies, groups, hobbies can be difficult. What are the different ways of finding out information?

List:

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Permission to ask for help - Don't be afraid to ask for help. All parents understand the need for some space from children. You're not alone and you're not a bad parent for wanting a break