

Why Not

This is a tool that allows you to identify occasions where you have avoided or ignored social interaction and reflect on your reasons.

 Relationships  20 Minutes  Starter

Describe a time when you had a chance to connect with someone new but didn't. What do you think were the reasons?

Think about someone who you would like to get to know but don't. What stops you from doing so?

Describe a time when you had a mistaken impression about someone. That is, you thought they were one thing but ended up being quite different. What did you learn from this experience?

Describe a time when you were misunderstood by a friend? What about from someone who didn't know you very well? How did that affect your relationship with that person? How did you feel?

Full Instructions

There are numerous opportunities to connect with others throughout the day. However, we often tend to ignore or avoid these for a variety of reasons, such as:

- 'I had no time
- 'I am afraid of being rejected'
- 'That person doesn't seem nice'
- 'He won't want to talk to me anyway'

It is helpful to take some time to **reflect on these reasons**, as it can help you identify your thoughts and concerns.

1. Take some time (5 mins) to answer the questions about yourself.
2. Then try to reflect on each of your answers (15 mins). Can you identify a certain thought pattern that prevents you from building more relationships?
3. Step by step you can then begin to work on your thoughts and concerns.