

The Why Not



20 Minutes



Identify occasions where you have avoided, ignored or missed the opportunity for social interaction and reflect on your reasons.

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

*I wanted to share a concern with my colleagues at work but I did not.
My reasons were: remote working which means I don't see anyone in person, my fear of being judged and I did not want to be a burden to others.*

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

*I have always wanted to introduce myself to my neighbour but haven't.
I am afraid they might not be interested in getting to know me and they always seem busy.*

My Social Goals

Three actionable steps I will take to connect with others:

1. *Arrange to meet at least two of my colleagues in the next month outside work.*
2. *Implement a regular check-in at work so the whole team can share how they feel.*
3. *Create a welcome pack and a written card for my neighbour to put in front of his door.*

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

- 'I had no time'
- 'I am not interested'
- 'I am afraid of being rejected'
- 'That person doesn't seem nice'
- 'They 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 to answer the questions about yourself.
2. Then try to reflect on each of your answers. Can you identify a certain thought, situation or behavioural pattern that prevents you from building more relationships? Step by step you can then begin to work on your thoughts and concerns.
3. Write down at least three actionable steps you can take within the next month to overcome your concerns and/or struggles and connect with others.