

Social Withdrawal Worksheets

1. Understanding Your Social Withdrawal

List recent instances where you chose to withdraw from social activities or interactions.

Identify specific triggers that lead to feelings of wanting to withdraw.

2. Impact of Social Withdrawal

Reflect on how social withdrawal has impacted your mood, self-esteem, and overall mental health.

Consider how your withdrawal has affected your relationships with family, friends, and colleagues.

3. Exploring Underlying Causes

Identify any emotional factors (e.g., fear, anxiety, depression) that contribute to your desire to withdraw.

Reflect on any beliefs or thoughts that reinforce your social withdrawal (e.g., feelings of inadequacy, fear of rejection).

4. Developing Coping Strategies

List negative thoughts you have about social interaction and challenge them with more balanced perspectives.

- Negative Thought:

- Balanced Perspective:

Identify social skills you'd like to improve or develop (e.g., starting conversations, maintaining eye contact).

Create a plan for gradually increasing social interactions, starting with low-stress situations.
