

Social Comfort Check List Questionnaire

One of the greatest pleasures of life is the company of others. Many of us however, for many different reasons, feel uncomfortable around other people. In order to cope with our feelings of discomfort we either avoid others or do things so that we feel less uncomfortable. Here is a checklist of statements for thought about how comfortable you feel in the company of others. Share what you come up with your therapist; use the information to form a baseline measure. With this measure you can examine the underlying beliefs and sensations which make you uncomfortable; you can challenge those beliefs and develop your own techniques to soothe yourself. With a little bit of work (much less than you first imagine) you'll be that much closer to balance between your inner life and connection with others.

1. When I'm around others, I feel judged negatively.
2. When I'm around others, I feel ugly, poor, stupid, unwanted in comparison to others.
3. When I'm around others, I feel uncomfortable with myself.
4. When I leave the company of others (work, family gatherings, social events), I feel great relief.
5. When I'm around others, I feel that I have nothing to contribute.
6. When I'm around others, I feel that I have great difficulty expressing myself.
7. I've been humiliated.
8. Others think of me as weird and untouchable.
9. In order to be around others, I must sacrifice my authentic self through lying, flattering, or their opposites: arguing and dismissing.

Whatever reactions you get to these statements will go up and down. There are times when they may seem 'truer' than at other times. That's been my experience, at least. For 'extra-credit' think about why that phenomenon is true.

Josh