

Participating With Others

Directions

Name _____

Sometimes people feel like being alone. This is okay from time to time. However, in order to improve your social abilities and increase your social opportunities, it is important to spend time with other people.

There are times at home or with family that you will be expected to participate with others. List below three times when your family will expect you to participate (ex: birthday parties, holiday event, mealtime, etc)

1. _____ 2. _____ 3. _____

There are times at school or work when you will be expected to participate with others. List below three times when your teachers, classmates, co-workers or boss, will expect you to participate with them (ex: training sessions, events, group project, group work, lunch time, etc.)

1. _____ 2. _____ 3. _____

Remember that sometimes even when you don't feel like participating in something, it is required and the right thing to do. If you feel anxious about participating in something, you can identify what information you need to feel more comfortable in the situation, and communicate with someone who may give you some good advice and incentive to participate.

If you just don't like the activity that you are expected to participate in, remember that it will only last for a little while. Plan a "reward" for yourself when you do a good job participating in something when you would really rather not. Here's an example: if you sit with your family and relatives and make conversation during a visit, reward yourself with "free time" afterwards to watch a favorite TV show, read a book, visit your favorite website, listen to music, go to a friend's house, etc.

By following through regularly on situations that are "hard" to participate in, you may find that you enjoy socializing more! And everyone will have a respect and appreciation for your participation!