

Participating With Others

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 (i.e. mealtimes, family birthday parties, etc.)

 	 	
--	---	---

There are times at school or work when you will be expected to participate with others. List below three times when your teachers, classmates, supervisors or co-workers will expect you to participate with them (i.e. group project, company training, break time, etc.)

 	 	
--	---	---

Remember that sometimes even when you don't feel like participating in something, it is required and is the right thing to do. If you feel anxious about participating in something you can use the Topic Tree graphic organizer to help you plan out what information you need to help you feel more comfortable prior to the situation.

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

Everyone will appreciate your efforts and in time you may find that you enjoy socializing more!