



Connecting With Other People

Psychosis may cause you to disconnect from other people.

Psychosis can make you feel uncomfortable around others. You may find yourself spending more and more time alone. This section will help you think about how to re-establish your connections with others.

Having good relationships with other people is important to your recovery from psychosis. Other people can help support you when you feel stressed or are dealing with symptoms. You will also feel good knowing that you can help others by being there for them when they need you. When things are going well, other people are fun to be with.

In this section you will take a look at your:

1. Social circle
2. Social skills
3. Opportunities for connecting with other people

1. Social Circle

Your social circle consists of the people around you who can support you. Everybody's social circle is different.

People in your social circle may include:

- Family
- Friends
- Health Professionals
- Other people such as a boss, a soccer coach, or a teacher





Your Turn!

Your Turn!

Think about the people you already have in your life. Imagine yourself at the middle of the circle. Around this inner circle write the names of all the supportive people you currently have in your life.

Consider whether your social circle is right for you. It's okay to have only a few people in your social circle, as long as you feel you are getting the support you need. Having a few people who are very supportive is better than having a lot of people who aren't that supportive! Also, consider whether there is a good balance in the *types* of supportive people you have around you. For example, there may be lots of health professionals and family in your life. Would you like other types of friends, as well?



Think of Supportive Friends



Write Down





Understanding

2. Social Skills

Social skills are things that people do to make and keep good connections with other people.

Social skills include:

- Starting a conversation
- Asking other people questions
- Listening to other people
- Speaking your mind
- Giving compliments
- Responding to criticism
- Saying “no” when asked to do something you don’t want to do
- Asking someone to do something with you
- Being polite—remembering to say “please” and “thank you”

Psychosis can sometimes interfere with a person’s social skills.

Things that you used to do easily may now be difficult. Some people lose confidence. Symptoms of psychosis can also make engaging in basic social skills more difficult. The good news is that social skills can become easier with practice. Also, look at the *Number Four: Social Cognition* subsection (Page 56) for additional ideas about dealing with social situations.



Your Turn!

Your Turn!

Think about your social skills. Write down two social skills you are good at. Then think of two social skills where you need practice and write these down.

TWO SOCIAL SKILLS I AM GOOD AT

1 _____

2 _____

TWO SOCIAL SKILLS I NEED TO PRACTICE

1 _____

2 _____



Write Down

Talk to your Support Person about how to improve those last two social skills. You may want to work on some social skills with your Support Person a few times first. You can then find opportunities to practice social skills with other people.



Understanding

3. Opportunities For Connecting With Other People

Having psychosis means that you have had a different type of experience from most people.

Even when your psychosis is under control, you may feel like you think differently from the average person.

Lots of people are okay with the fact that you are different in this way. Unfortunately, there are some people who find it difficult to relate to folks who are different from them in any way. **Think about where you can find people who accept you as you are.** You will find many people out there.

Consider whether any of these methods for connecting with other people will work for you.

- Get back in touch with old friends or family members you haven't seen for a while.
- Ask any current friends if they want to do something with some of the other people they know (such as go to a movie together as a group).
- Join a support group for people who have similar mental-health challenges.
- Join a club or group that matches your interests. The group could focus on sports, art, music, cooking, or whatever it is that you like to do.



Your Turn!

Your Turn!

Think about your opportunities to connect with people. Identify two different opportunities you might have for expanding your social circle. Then make a plan to act on these opportunities. The goal-setting section in this toolkit can help you with your plans.

TWO OPPORTUNITIES I HAVE FOR CONNECTING WITH PEOPLE

1 _____

2 _____

