

Notes from May 16, 2024

Self-Promotion

Aloneness/Loneliness/Self-Promotion/Self-Advocacy

Socialization and Connecting with Others

Feeling Awkward

Was more spontaneous before diagnosis

Following diagnosis, stop and check self

Settings where don't know anyone

Able to stay when connect with reason for being there

When feel like not going

Showing up as action – almost always glad to be there

Making the choice to look for the benefit

BRAVERY

CURIOSITY

Intersection with Rejection Sensitivity

Recognition of stories we tell ourselves, influence past experiences with anticipation that each new experience is going to be like those past stories

Opportunities we miss because of the stories we tell ourselves

Work on feelings of why couldn't connect (therapy, self-realization)

NAME IT TO TAME IT

Observe/analyze those feelings, overwhelming emotions to see what's behind them or where they're coming from, can break new ground

Telling people in our lives what we need and being able to express from our unique perspective

Who holds the power? Where's the balance in this framing?

Friendships – self criticism for not maintaining friendships

Impulsivity causing oversharing

Impulsivity causing overdoing for others

Then cut off because hurt or disappoint

Thought coworkers were friends, not just work friends

Want to be able to be who I know myself to be

Struggle to “need” someone, tendency to latch on, how to make new friends
Co-workers as friends

Self-medicating to get through social situations – when choose not to self-medicate, other approaches; pausing to consider other options than our own interpretation

Absence of comments, feedback, responses when we offer our thoughts → rather than feel left out → what can I learn?

We’re all human

GRATITUDE

COMMUNITY

HOW LONG DOES IT TAKE TO BE FRIENDS?

<https://www.wsj.com/health/wellness/how-much-time-close-friend-a63350c3>

SOCIAL CUES

Can be too quick to give others’ words authority when we know our own intentions
Building trust in own voice, intuition

Acknowledge own value!

How to remember to ask a question in the moment?

Hard to slow down, think logically – tips to catch self in the moment

Maybe a topic for future

Another – ONE ON ONE Interactions; how to manage the small talk

MINDFULNESS

In groups of friends, may need 1 on 1 time with individuals in that group in order to feel more included in the group

Before being in big group, have phone call with a friend to get some of the “chatting” out and not be frustrated that can’t talk

BOOK: Frientimacy