



MEETING PEOPLE AND MAKING YOUR SUPPORT SYSTEM LARGER AND STRONGER

- a) The easiest way to meet people is to do something that you like doing and doing it in the company of other people.
- b) Even if you don't find anyone in particular with whom you would like to get to know better, you will still have been doing something pleasant, and you will be less likely to feel that you wasted your time.
- c) Since the main focus is the activity you are doing, and not just meeting others, there will be less pressure on you than in a setting where the whole purpose is to meet people.

EXERCISE: What activities do you do where other people are present?
For example, attend church, fish, dance.

Notes:
