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Social Withdrawal Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

1. The following are common signs you might be struggling with social withdrawal. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I often cancel plans with friends or family at the last minute.”	1-2-3-4-5
2. “I prefer to stay home rather than attend social gatherings or events.”	1-2-3-4-5
3. “I often feel like no one understands me or cares about what I have to say.”	1-2-3-4-5
4. “I go days or weeks without talking to anyone outside of my immediate household.”	1-2-3-4-5
5. “I no longer enjoy activities or hobbies that I once found enjoyable.”	1-2-3-4-5
6. “I have difficulty expressing my feelings or opening up to people.”	1-2-3-4-5
7. “I believe that others would be better off without me.”	1-2-3-4-5
8. “I feel anxious or panicky at the thought of interacting with others.”	1-2-3-4-5
9. “I avoid social situations because I’m afraid of being judged or criticized.”	1-2-3-4-5
10. “I have changed my daily routine to minimize social interactions, such as shopping late at night or working from home.”	1-2-3-4-5

Score: _____/50

The score reflects the severity and impact of your social withdrawal.

Understanding My Social Withdrawal

1. Reflect on the situations, events, or interactions that lead to your social withdrawal.

Example: "Last week, I canceled plans to meet a friend because I felt overwhelmed after a stressful day at work."

2. Are there common themes or patterns in these situations?

Example: "I often withdraw when I feel criticized or judged."

3. What emotions do you typically feel before you withdraw?

Example: "I usually feel anxious, overwhelmed, and sometimes sad before I decide to withdraw."

4. What beliefs do you hold about yourself and others that might contribute to your withdrawal?

Example: "I believe that I am not interesting enough for people to want to spend time with me."

5. Are there past experiences that have influenced your tendency to withdraw?

Example: "I was bullied in school, which made me afraid of social interactions."

6. What specific fears or anxieties do you have about social interactions?

Example: "I fear being judged or rejected by others."

7. How does withdrawing affect your emotions and mental health?

Example: "While withdrawing gives me temporary relief, I often feel lonely and sad afterward."

8. How has your social withdrawal affected your relationships with family, friends, and colleagues?

Example: "I have lost touch with many friends, and my family often worries about me."

9. How does social withdrawal impact your daily activities and responsibilities?

Example: "I sometimes avoid important tasks or meetings because of my anxiety about social interactions."

10. What do you currently do to cope with your desire to withdraw?

Example: "I often distract myself with movies or video games."

11. Which of these strategies are helpful, and which might be unhelpful or harmful?

Example: "Distraction helps in the short term, but it doesn't address the underlying issue."

Personal Strengths and Achievements

1. List your top five strengths and provide an example for each.

Example: Empathy: "I am always there for my friends when they need someone to talk to."

2. What strengths have friends, family, or colleagues mentioned about you?

Example: "My coworkers often tell me that I am a good listener and provide thoughtful advice."

3. What strengths do you exhibit in various areas of your life (e.g., work, home, hobbies)?

Example: "At work, I am known for my organizational skills. At home, I am the go-to person for planning family events."

4. List three to five significant achievements in your life.

Example: "Graduated from college with honors."

5. What personal goals have you set and achieved?

Example: "I set a goal to read 20 books in a year and accomplished it."

6. What small, everyday achievements are you proud of?

Example: "I maintain a daily journal and have written consistently for the past six months."

7. What challenges have you faced and overcome?

Example: "I managed my social anxiety by attending therapy and practicing exposure exercises."

8. How have your strengths helped you achieve your goals and overcome challenges?

Example: "My determination helped me stick with my marathon training, even on difficult days."

9. What feelings do you experience when you reflect on your achievements?

Example: "I feel proud and more confident when I remember my accomplishments."

10. How do your achievements align with your personal values?

Example: "My value of continuous learning is reflected in my goal to read more books each year."

11. How can recognizing your strengths and achievements help you in social situations?

Example: "Knowing my strengths gives me confidence to engage in conversations and share my experiences."

11. Identify a social situation where you can apply your strengths.

Example: "I will use my empathy to connect with a new colleague at work."

12. Set a specific goal to utilize one of your strengths in a social context.

Example: "I will volunteer to lead a team meeting, using my organizational skills to ensure it runs smoothly."

13. How will you acknowledge and celebrate small social victories?

Example: "After attending a social event, I will treat myself to a favorite activity as a reward."

Values Clarification

1. List five values that are most important to you. Provide a brief explanation why these values are important to you.

Example: "Honesty": "I believe in being truthful because it builds trust in relationships."

2. How might your values conflict with your social withdrawal?

Example: "My value of connection conflicts with my tendency to avoid social situations because I end up feeling isolated."

3. How can aligning with your values help you overcome social withdrawal?

Example: "If I focus on my value of growth, I can see social interactions as opportunities to learn and improve."

4. What fears or beliefs might be preventing you from living according to your values?

Example: "I fear being judged, which prevents me from being honest and open in social settings."

5. Identify specific actions you can take to align your behavior with your values.

Example: Honesty "When a friend asks how I am doing, I will share honestly instead of just saying 'I'm fine.'"

6. What barriers might you face in aligning your actions with your values?

Example: "I might feel anxious or fearful about being judged or rejected."

7. How can you overcome these barriers?

Example: "I can practice relaxation techniques and remind myself of the importance of my values."

Life Satisfaction Assessment

1. Rate your satisfaction in various areas of your life on a scale from 1 (very dissatisfied) to 10 (very satisfied).

Personal Relationships: ____ / 10

Why did you choose this rating?

Work/School: ____ / 10

Why did you choose this rating?

Health and Well-being: ____ / 10

Why did you choose this rating?

Leisure and Hobbies: ____ / 10

Why did you choose this rating?

Financial Situation: ____ / 10

Why did you choose this rating?

Personal Growth and Development: ____ / 10

Why did you choose this rating?

Community Involvement: ____ / 10

Why did you choose this rating?

2. Reflect on the areas where you rated your satisfaction as low and consider what changes you could make to improve your satisfaction in these areas.

Personal Relationships:

Example: "I could reach out to friends and family more regularly and make an effort to reconnect."

Work/School:

Example: "I could set clearer goals and seek opportunities for professional development."

Health and Well-being:

Example: "I could establish a regular exercise routine and prioritize better sleep habits."

Leisure and Hobbies:

Example: "I could schedule time each week to engage in hobbies I enjoy, such as reading or painting."

Financial Situation:

Example: "I could create a long-term savings plan and seek financial advice to ensure security."

Personal Growth and Development:

Example: "I could set specific, achievable goals and allocate time each week to work on them."

Community Involvement:

Example: "I could volunteer for local organizations or join community groups to feel more connected."

3. What new insights have you gained about your life satisfaction?

Example: "I realized that my dissatisfaction in certain areas is due to a lack of proactive effort on my part."

4. What is one action you will take this week to begin improving your life satisfaction?

Example: "I will schedule a call with a friend I haven't spoken to in a while."

Self-Compassion Exercises

Self-compassion means treating yourself with the same kindness and understanding that you offer to others.

1. What are some ways you can practice self-compassion in your daily life?

Example: "I can remind myself that it's okay to make mistakes and that everyone feels nervous sometimes."

2. Identify a recent situation where you felt socially withdrawn. What self-critical thoughts did you have?

Example: "I felt anxious at a party and thought, 'I'm so awkward; no one wants to talk to me.'"

3. Rewrite these thoughts using self-compassionate language.

Example: "It's okay to feel nervous at a party. I'm doing my best, and it's enough just to be here."

4. List three self-compassionate phrases you can use when you feel socially withdrawn.

Example:

- *"It's okay to feel this way; everyone struggles sometimes."*
- *"I'm not alone in feeling anxious; many people feel the same."*
- *"I am worthy of love and connection, just as I am."*

5. Write about a challenging social situation you faced today and how you felt.

Example: "Today, I felt nervous about speaking up in a meeting. I worried that I would say something wrong."

6. Respond to your with kindness and understanding.

Example: "It's natural to feel nervous about speaking in front of others. I'm proud of myself for participating, even though it was hard."

7. Note something positive about yourself or your day.

Example: "I took a step out of my comfort zone today, and that's a big achievement."

8. What challenges have you encountered in practicing self-compassion, and how can you address them?

Example: "I sometimes forget to be kind to myself when I'm stressed. I'll set reminders to take self-compassion breaks."

Understanding Anxiety

1. Describe a recent situation where you felt anxious about a social interaction. What happened?

Example: "I was invited to a friend's birthday party, but I felt anxious about attending because I didn't know many people there."

2. What thoughts went through your mind during this situation?

Example: "I kept thinking, 'What if no one talks to me?' and 'I might say something embarrassing.'"

3. What physical symptoms did you experience?

Example: "My heart was racing, I felt sweaty, and my stomach was in knots."

4. How did you respond to the anxiety? Did you withdraw or avoid the situation?

Example: "I decided not to go to the party and stayed home instead."

5. List three common situations that trigger your social anxiety.

Example:

- *"Large gatherings or parties."*
- *"Meeting new people."*
- *"Public speaking or being the center of attention."*

6. How do these triggers make you feel physically and emotionally?

Example: "Physically, I feel tense and nauseous. Emotionally, I feel scared and overwhelmed."

7. What coping mechanisms do you currently use to manage your anxiety?
Are they helpful or unhelpful?

Example: "I often avoid social situations, which provides temporary relief but doesn't address the underlying issue."

8. Identify and develop strategies to manage and reduce your social anxiety. The following are some suggestions.

Deep Breathing Exercises

Deep breathing helps activate the body's relaxation response, counteracting the fight-or-flight response associated with anxiety.

- Find a quiet place to sit or stand comfortably.
- Inhale deeply through your nose for a count of four.
- Hold your breath for a count of four.
- Exhale slowly through your mouth for a count of four.
- Repeat this process several times until you feel calmer.
- Practice deep breathing regularly, especially before and during social interactions.

Positive Self-Talk

Positive self-talk involves replacing negative, anxiety-inducing thoughts with positive, encouraging ones.

- Identify the negative thoughts that trigger your social anxiety (e.g., "Everyone will judge me").
- Challenge these thoughts by asking if they are realistic or helpful.
- Replace negative thoughts with positive affirmations (e.g., "I am capable of handling this situation").
- Repeat these positive affirmations to yourself regularly, especially before and during social interactions.

Visualization

Visualization involves mentally rehearsing a positive outcome in a social situation to build confidence and reduce anxiety.

- Find a quiet place where you won't be disturbed.
- Close your eyes and take a few deep breaths to relax.
- Imagine yourself in a social situation that typically causes you anxiety.
- Visualize yourself feeling calm, confident, and engaging successfully with others.
- Pay attention to the details, such as your body language, facial expressions, and tone of voice.
- Practice this visualization regularly to build confidence.

Exercise Regularly

Regular physical exercise can reduce anxiety by releasing endorphins and promoting relaxation.

- Choose an exercise you enjoy, such as walking, running, swimming, or yoga.
- Aim to exercise for at least 30 minutes most days of the week.
- Incorporate physical activity into your daily routine, such as taking the stairs instead of the elevator or going for a walk during your lunch break.
- Use exercise as a way to relieve stress and improve your mood before social interactions.

Join a Support Group

Support groups provide a safe space to share experiences and receive encouragement from others who understand your struggles.

- Look for support groups in your area or online that focus on social anxiety.
- Attend meetings regularly to connect with others and share your experiences.

- Listen to others' stories and offer support and encouragement.
- Participate in group activities and discussions to practice social skills in a supportive environment.

Prepare for Social Situations

Preparing for social situations can reduce anxiety by helping you feel more confident and in control.

- Plan what you will say and do in social situations.
- Think about possible topics of conversation and questions you can ask others.
- Practice your introduction and small talk with a friend or family member.
- Visualize the social event and imagine yourself handling it confidently.
- Bring a safe friend or family member to provide support if possible.

Gradual Exposure

Gradual exposure involves systematically facing feared social situations to reduce anxiety over time.

- Create a list of social situations that cause you anxiety, ranking them from least to most anxiety-provoking.
- Start with the least anxiety-provoking situation. For example, if you feel anxious about talking to strangers, begin by making small talk with a cashier.
- Expose yourself to this situation repeatedly until your anxiety decreases.
- Gradually move on to more challenging situations, such as having a conversation with a coworker or attending a social event.

- Continue this process, gradually facing more challenging situations until your anxiety reduces significantly.

9. Set a short-term goal to practice a coping strategy within the next week.

Example: "I will practice deep-breathing exercises for 5 minutes each day to manage my anxiety."

10. Identify potential obstacles and plan how to overcome them.

Example: "If I feel overwhelmed, I will take a short break and use my deep-breathing exercises to calm down."

Fear Ladder

1. List five social situations that make you feel anxious, from least to most anxiety-provoking.

Example:

1. *"Introducing myself to a new person."*
2. *"Joining a conversation with colleagues during lunch."*
3. *"Attending a small social gathering."*
4. *"Saying hello to a neighbor."*
5. *"Giving a presentation to a group."*

2. Describe the thoughts and fears associated with the most anxiety-provoking situation.

Example: "I fear that I will stumble over my words and people will judge me as incompetent during a presentation."

3. Rank your listed situations from 1 to 5, with 1 being the least anxiety-provoking and 5 being the most.

Example:

1. *"Saying hello to a neighbor."*
2. *"Joining a conversation with colleagues during lunch."*
3. *"Attending a small social gathering."*
4. *"Introducing myself to a new person."*
5. *"Giving a presentation to a group."*

4. Write a brief description of each step on your fear ladder.

Example:

1. *Saying hello to a neighbor: "I will smile and say 'hello' to my neighbor when I see them."*
2. *Joining a conversation with colleagues during lunch: "I will join my colleagues at the lunch table and contribute to the conversation."*
3. *Attending a small social gathering: "I will attend a friend's small gathering and stay for at least an hour."*
4. *Introducing myself to a new person: "I will introduce myself to someone new at a social event."*
5. *Giving a presentation to a group: "I will prepare and give a presentation to my team at work."*

5. Start with the least anxiety-provoking situation and gradually move up the ladder.

Example: "This week, I will focus on saying hello to a neighbor every day."

6. Set a timeline for moving up the ladder, based on your comfort level and progress.

Example: "I will spend one week on each step, moving to the next step only when I feel comfortable."

7. Keep a journal to document your experiences, thoughts, and feelings during each exposure.

8. Reflect on your progress and any changes in your anxiety levels.

Example: "After a week of, my anxiety has decreased from 7 to 4."

9. Adjust your plan as needed based on your progress and comfort level.

Example: "I feel ready to move to the next step of joining my colleagues for lunch."

10. Identify potential challenges you might face during exposure.

Example: "I might feel too anxious to join my colleagues for lunch."

11. Develop strategies to address these challenges.

Example: "I can practice deep-breathing exercises before joining them and remind myself of past successes."

Conversation Starters

Conversation starters help break the ice, reduce awkwardness, and make it easier to connect with others.

1. What challenges do you face in starting conversations?

Example: "I often feel nervous and don't know what to say, which makes me avoid social interactions."

2. List five general conversation starters you can use in any social setting.

Example:

- *"Hi, how are you today?"*
- *"What brings you here?"*
- *"Have you seen any good movies lately?"*
- *"Have you read any good books lately?"*
- *"Do you have any favorite TV shows or series?"*
- *"Are there any podcasts you recommend?"*
- *"Do you have a favorite restaurant around here?"*
- *"What do you do for a living?"*
- *"How did you get into your current line of work?"*
- *"Do you have any siblings?"*
- *"What do you like to do when you spend time with your family?"*
- *"Do you have any pets?"*
- *"How do you usually spend your weekends?"*
- *"What's your favorite way to unwind after a long day?"*

3. How can you practice these conversation starters to feel more comfortable using them?

Example: "I can practice them in front of a mirror, with a friend, or during low-stakes social interactions."

Assertiveness Training

Assertiveness means expressing your thoughts, feelings, and needs openly and respectfully, without being aggressive or passive.

Assertive communication is the ability to express your thoughts, feelings, and needs openly, honestly, and respectfully while also respecting the rights of others.

Characteristics:

- Maintains eye contact and open body posture
- Uses "I" statements (e.g., "I feel...", "I need...")
- Stands up for personal rights without violating the rights of others

Passive communication involves not expressing personal needs, desires, or opinions directly.

Characteristics:

- Avoids eye contact and has a slouched posture
- Speaks softly or apologetically
- Avoids conflict and often goes along with others' wishes
- Suppresses feelings, which can lead to resentment and frustration

Aggressive communication involves expressing thoughts, feelings, and needs in a way that violates the rights of others.

Characteristics:

- Speaks loudly or harshly
- Uses "you" statements that blame or criticize
- Interrupts or talks over others
- Shows a lack of respect for others' opinions and feelings

1. Describe a recent situation where you were assertive.

Example: "I asked my coworker to help me with a project and explained why I needed their assistance."

2. Describe a recent situation where you were passive.

Example: "I wanted to suggest a different restaurant for dinner, but I didn't speak up and went along with the group's choice."

3. Describe a recent situation where you were aggressive.

Example: "I snapped at a friend when they were late to meet me, instead of calmly explaining why it bothered me."

4. Express your thoughts and feelings using "I" statements to take ownership of your emotions.

Example: "I feel frustrated when meetings start late because it affects my schedule."

5. Practice setting boundaries by saying no respectfully.

Example: "I appreciate the offer, but I won't be able to help with that project because I have other commitments."

6. Learn how to make clear and direct requests.

Example: "Could you please turn down the music? I'm trying to focus on my work."

7. Practice giving constructive feedback and receiving feedback without becoming defensive.

Example: "I noticed that the report was submitted late. Can we discuss ways to ensure timely submissions in the future?"

8. Practice assertiveness through role-playing exercises. Find a friend, family member, or colleague to practice with. Choose a scenario where you want to practice being assertive.

Example: "Asking a colleague to stop interrupting you during meetings."

- *Partner's Role: Play the part of the colleague who interrupts.*

- *Your Role: Practice using assertiveness skills to address the issue.*

9. How did it feel to practice assertiveness?

10. What did you do well?

11. What can you improve?

Friendship Building

1. List your current friends and describe your relationship with each. Rate the quality of each friendship on a scale of 1 to 10.

Example: "Anna: We've been friends since college, but we haven't talked much lately." – 6/10

2. What do you value most in a friendship?

Example: "Trust, mutual support, shared interests, and good communication."

3. What aspects of your friendships would you like to improve?

Example: "I would like to communicate more regularly and find common activities to do together."

4. List common barriers you face in building or maintaining friendships.

Example: "Uncertainty about how to initiate conversations and activities."

5. What strategies can you use to overcome these barriers?

Example: "Prepare conversation starters and activity ideas in advance."

6. Set clear, specific, and achievable goals for building and maintaining friendships.

Goal	Specific Action
<i>e.g., Reconnect with an old friend</i>	<i>"I will reach out to Anna and suggest meeting for coffee next week."</i>

7. List five conversation starters you can use with friends.

Example:

- *"How has your week been?"*
- *"What are your plans for the weekend?"*

8. List five activities you can do with friends.

Example:

- *"Go for a hike or walk in the park."*
- *"Try out a new restaurant or café."*
- *"Attend a local event or concert together."*
- *"Have a game night or movie night."*
- *"Take a class or workshop on a shared interest."*

Joining Social Groups

Joining social groups provides opportunities to meet new people, share common interests, and build a support network.

1. What benefits do you hope to gain from joining social groups?

Example: "I hope to make new friends, develop new skills, and have fun participating in group activities."

2. List five interests or hobbies you enjoy or would like to explore.

Example: "Reading," "Hiking," "Photography," "Cooking."

3. What type of social groups align with these interests?

Example: "Book clubs, hiking groups, photography clubs, cooking classes."

4. List sources where you can find information about local social groups.

Example: "Online platforms like Meetup and Facebook Groups"

5. Identify social groups that match your interests and gather details about each group (meeting times, locations, membership requirements).

Example: "Saturday Morning Hiking Group: Meets every Saturday at 8 AM at the trailhead, free to join."

6. Plan your approach for joining a social group. Write a script for introducing yourself to the group.

Example: "Hi everyone, I'm [Your Name]. I love reading and I'm excited to join the book club. I'm looking forward to discussing books with all of you."

7. Plan what you will say if you feel nervous or anxious.

Example: "If I feel nervous, I will take a deep breath and remind myself that everyone is here to enjoy reading and discuss books. I can say, 'I'm a bit nervous, but I'm really excited to be here and meet fellow book lovers.'"

8. Attend your first meeting and reflect on the experience. What went well during the meeting?

Example: "I was able to introduce myself and participate in the discussion. I felt comfortable and engaged."

9. What challenges did you face and how did you address them?

Example: "I felt a bit nervous at first, but I took a few deep breaths and reminded myself that everyone is here to share a common interest."

10. What did you enjoy most about the meeting?

Example: "I enjoyed the lively discussion and discovering new books to read."

11. Plan how you will stay connected with the group.

Example: "I will attend all the monthly meetings and participate in the online group discussions between meetings."

12. Set a goal for your participation in the group.

Example: "I will contribute at least one thought or question during each book discussion."

13. Identify ways to build relationships within the group.

Example: "I will arrive early to chat with members before the meeting starts and suggest a casual meetup after the meetings."

14. Reflect on any challenges you anticipate and how to overcome them.

Example: "I might feel shy about speaking up, but I will prepare a few comments in advance to help me feel more confident."

Dealing with Rejection

1. How does rejection typically affect your emotions and behavior?

Example: "Rejection makes me feel sad, anxious, and less confident. It often leads me to withdraw from social situations."

2. Describe a recent situation where you felt rejected.

Example: "I wasn't invited to a colleague's birthday party, even though many of my coworkers were."

3. How did you feel in that moment?

Example: "I felt hurt, excluded, and wondered if there was something wrong with me."

4. How did you respond to this feeling of rejection?

Example: "I avoided social interactions at work for the next few days and kept to myself."

5. Identify the negative thoughts you had about yourself following the rejection.

Example: "I thought, 'I'm not likable' and 'No one wants to be my friend.'"

6. List evidence that supports and contradicts these negative thoughts.

Evidence that supports	Evidence that contradicts
<i>e.g., "I wasn't invited to the party, and sometimes I feel awkward in social situations."</i>	<i>"I have other friends who enjoy spending time with me, and I've had positive interactions before."</i>

7. Develop more balanced thoughts to replace the negative ones.

Example: "Not being invited to one party doesn't mean I'm unlikable. I have friends who value my company, and I can continue to build positive relationships."

8. List healthy coping strategies you can use when you feel rejected.

Example:

- *"Talk to a trusted friend or family member about how I'm feeling."*
- *"Engage in a favorite hobby or activity to distract myself and lift my mood."*

9. Choose one strategy to practice the next time you feel rejected.

Example: "I will talk to a friend about my feelings."

10. Reflect on a past experience where you used a healthy coping strategy.
How did it help you?

Example: "I once talked to my sister about feeling left out at work, and it helped me feel supported and understood."

Daily Routine Planner

1. List activities that help you relax and take care of yourself.

Example: "Reading," "Taking a bath," "Journaling."

2. List activities that involve interacting with others.

Example: "Calling a friend," "Joining a group or club," "Having lunch with a coworker," "Attending a social event," "Engaging in online communities."

3. List activities that help you stay physically active.

Example: "Walking," "Gym workout," "Cycling," "Dancing."

4. List activities that help you stay productive and achieve your goals.

Example: "Work tasks," "Studying," "Household chores," "Running errands," "Planning and organizing."

5. Develop a daily schedule that incorporates self-care, social, physical, and productive activities.

Time	Activity

6. Identify potential obstacles that might disrupt your routine.

Example: "Feeling unwell."

7. Develop strategies to adapt to these obstacles.

Example: "Practice self-compassion and allow yourself to rest if needed"

9. Reflect on your daily routine and make adjustments as needed. What went well in your routine today?

10. What challenges did you face and how did you address them?

11. What can you improve for tomorrow?

Job Readiness

1. List your skills that are relevant to the job market.

Example: "Communication skills," "Teamwork," "Technical proficiency in [specific software/tool]."

2. Identify strengths that make you a valuable employee.

Example: "Adaptability," "Strong work ethic," "Positive attitude."

3. Identify areas for improvement and how you plan to address them.

Example: "Advanced technical skills - Take online courses"

4. Create or update your resume. Ensure it is current, accurate, and tailored to the jobs you are seeking.

5. Write a compelling cover letter. Tailor it to the specific job you are applying for.

6. Ask for feedback. Have a friend, family member, or career advisor review your resume and cover letter.

7. Identify five job search websites or platforms to use regularly.

Example: "LinkedIn," "Indeed," "Glassdoor," "Monster."

8. Set a weekly goal for the number of job applications you will submit.

Example: "Submit at least five job applications each week."

9. Create a tracking system to monitor your job applications.

Example: "Use a spreadsheet to track the job title, company, application date, follow-up date, and status of each application."

10. Identify people in your professional network to reach out to for advice or referrals.

11. Plan how you will initiate contact with these individuals.

Example: "Send a personalized email or LinkedIn message to each person, updating them on your job search and asking for advice or potential leads."

12. Prepare for job interviews by practicing common questions and developing your responses.

Example:

- *"Why do you want to work here?"*
- *Answer: "I am impressed by [company's] commitment to [value or mission]. My skills in [relevant skill] align well with your needs, and I am eager to contribute to [specific project or goal]."*

13. Develop strategies to manage anxiety and stay motivated during your job search.

Example:

- *"Practice mindfulness or meditation"*
- *"Exercise regularly to reduce stress"*
- *"Set small, achievable goals each day"*

Volunteering Opportunities

1. List interests or passions you have.

Example: "Animal welfare," "Environmental conservation."

2. List skills or talents you can offer as a volunteer.

Example: "Teaching or tutoring," "Organizing events," "Writing and communication."

3. Reflect on how your interests and skills can be combined in a volunteer role.

Example: "I am passionate about education and have teaching skills, so I could volunteer as a tutor for underprivileged children."

4. List resources you can use to find volunteering opportunities. Gather details about each organization or cause (volunteering roles, time commitment, location).

Example: "Volunteer match websites (e.g., VolunteerMatch, Idealist)," "Social media groups or community bulletin boards."

5. Identify the days and times you are available to volunteer.

6. Plan your volunteering schedule for the next month.

7. Identify potential barriers to volunteering and develop strategies to overcome them.

Example:

Challenge: "Feeling anxious about meeting new people"

Solution: "Practice relaxation techniques and remind myself of the positive impact of volunteering"

Challenge	Solution

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: · not an ICD-11 mental disorder diagnosis
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 6, 9, 13, 14, 16, 18, 20, 22, 23, 24, 25, 29, 30, 31, 38, 50, 54, 56. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Differentiate preference or cultural style from depression, social anxiety, psychosis, autism, trauma, grief, substance use, neurocognitive or medical illness, disability/access barriers, and realistic interpersonal danger.

Document-specific corrections

- Label social withdrawal as a behavior or symptom, not a diagnosis.
- Differentiate chosen solitude and cultural style from depression, psychosis, autism, social anxiety, trauma, grief, substance use, neurocognitive or medical illness, and access barriers.
- Remove job-readiness and volunteering assumptions that equate employment or sociability with recovery.
- Ensure conversation, group, friendship, and exposure tasks honor sensory, disability, communication, and safety needs.

Measures, scoring, and permissions

- Pages [1, 3, 4, 14, 38]: identify each measure and rights holder; verify intended population, reliability/validity, scoring and cutoffs, reproduction permission, and current license. If these are author-created items, label them informal, remove diagnostic cutoffs, and do not claim validation.

Intervention scope and contraindications

- Pages [2, 9, 25, 29, 30, 31]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.

Crisis and current resources

- Refer according to the condition or contextual barrier identified; use 988 for acute suicide risk in the United States.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>