

# Helping Myself to Feel More Comfortable

What do I know? What do I need to know? What can I do to find out what I need to know?

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Thinking about a situation *before* it happens can help to create a mental blueprint so a person has a better idea of what they can expect. Planning for the unknown can also help people to feel more comfortable and even think about strategies they might use to help them meet their goals for the situation. You can start planning for the unknown by thinking about what is known or what you already know.



## What do you already know?

Consider the questions below to think about the situation (Place? + People? + What's happening?)

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### Where will you be?

- Have you been there before?
- Have you been somewhere similar?
- What do you already know about the place?
- What can you guess based on similar experiences?

### Who will be there?

- Who will you be with?
- Who do you know?
- What do you already know about the people that will be there?

### What will people be doing?

- What is your goal for the situation?
  - What are people's goals? (hanging out, waiting in line to check out library books, eating lunch, watching a movie, etc.)
  - What or who will people be thinking about?
  - Where will they have their bodies?
  - What will they be doing? (standing in a line, eating, sitting in small groups, etc.)
  - What will people be talking about?
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## What do you still need to know?

If you don't know the answers to the questions that would help you feel more comfortable, you may need more information. What information do you still need?

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## What can you do to find out what you need to know?

Where can you go for the information you need? Is there somewhere you can find the information? (posted online, in a book, on a class website, etc.) Who can you ask for support or information? Remember, most people like to help others!

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## What is your plan to get the information you need?



If you can figure out some of the information above, you will likely have a better idea about what is happening around you or what you may encounter in an upcoming situation. This can help you anticipate more about the situation and what your choices are within it. And the more information you have about something, likely the more comfortable you will feel!