

# Message Framing

*Recommended behavior to iSAD: Approach people in social situations*

## **Gain-framed**

With adequate social skills, you can receive needed support and develop a resourceful social network. Engaging in social situations can involve a significant amount of time and effort and may be stressful and fearful. However, interacting with others has a significant upside.

*The Upside of Engaging Yourself in Social Interactions:*

1. Individuals who engage in social interactions may feel involved with and more connected to their community. Furthermore, they may find themselves less isolated.
2. Individuals who choose to participate in social interactions can gain the opportunity to improve their social skills. They also get the chance to broaden their personal relationships.
3. Additionally, those who engage in social interactions gain the opportunity to complete important day-to-day activities (e.g., attend a friend's wedding reception, improve job performance). They also experience the heightened ability to effectively communicate with others and reduce the risk of not being able to have the social network they desire.

Take advantage of the opportunity to engage yourself in social interactions!

## **Loss-framed**

Without adequate social skills, you cannot receive needed support and develop a resourceful social network. Engaging in social situations can involve a significant amount of time and effort and may be stressful and fearful. However, not interacting with others has a significant downside.

*The Downside of Not Engaging Yourself in Social Interactions:*

1. Individuals who do not engage in social interactions may feel uninvolved with and less connected to their community. Furthermore, they may find themselves more isolated.
2. Individuals who choose not to participate in social interactions lose the opportunity to improve their social skills. They also forgo the chance to broaden their personal relationships.
3. Additionally, those who don't engage in social interactions lose the opportunity to

complete important day-to-day activities (e.g., attend a friend's wedding reception, improve job performance). They also will not experience the heightened ability to effectively communicate with others and reduce the risk of not being able to have the social network they desire.

Don't miss the opportunity to engage yourself in social interactions!