# Building a Diversified Support Network for Introverts



Dear Carolyn,

I’m 40 and an introvert, and my most trusted confidants have always been my parents. My mom has become increasingly anxious with age, and our frequent phone conversations have narrowed to surface-level topics. I’m currently struggling with a job I dislike and a general lack of purpose. Sharing my issues with her causes her anxiety, and she never asks about my life. I feel isolated and stressed, without anyone to vent to.

— Where to Turn Now?

Where to Turn Now,

You have a critically underdeveloped support network, regardless of your mom’s current limitations. No single person can bear the full weight of another’s emotional struggles, and everyone needs broader support.

1. Seek professional help for major issues. Counseling can provide the support you need.
2. Expand your social interactions in ways that suit your introverted nature. Variable aspects of socializing such as group size, setting, and time frame can be adjusted to your comfort level.
3. Find distractions that allow you to decompress. Engaging with books, TV shows, movies, music, or other activities can provide necessary rest and insights for your struggles.

Develop a diversified emotional support network. Address some issues on your own so when you do share with your mom, you can present them as being under control or managed healthily.

Best, Carolyn

More advice from Carolyn Hax can be found on The Washington Post website.