

EXPLORING SOCIAL ANXIETY

Everyone experiences social anxiety at some point in their life. This worksheet will help you identify and better understand the situations that cause you social anxiety, and explore ways to manage these feelings when they arise.

List the social situations that make you anxious or uncomfortable.

1. _____
—
2. _____
—
3. _____
—
4. _____
—
5. _____
—
6. _____
—

Now go back and rate them all, using #1 for the hardest situation and #6 for the easiest to manage. Pick a situation that you labeled as #1 or #2 (one of your hardest, most anxiety-provoking situations) and answer the following questions with that situation in mind:

What are some of the thoughts or worries you have in this situation? (Thoughts might include things like: I will be embarrassed, be rejected, look foolish, draw attention to myself, or not know what to say.)

What are some of the feelings (emotional and physical) you have in this situation? Physical feelings might include: nausea, tightening in your chest, stomach knots, or tingling hands or feet. Emotional feelings might include: irritation, anger, embarrassment, or fear.

