

CBT for Social Anxiety Worksheets

Name:

Date:

Section 1: Understanding Social Anxiety

1. *Identifying Triggering Situations:*

- List specific social situations causing anxiety.
- Rate the level of discomfort associated with each.

2. *Exploring Negative Thoughts:*

- Record automatic negative thoughts related to social interactions.
- Challenge these thoughts with more balanced perspectives.

Section 2: Cognitive Restructuring

1. *Thought Records:*

- Structured forms for recording triggering events, thoughts, emotions, and alternative perspectives.
- Guidance on analyzing and modifying unhelpful thoughts.

2. *Positive Affirmations:*

- Spaces to create positive statements to counteract negative self-talk.
- Encouragement to practice affirmations regularly.

Section 3: Developing Coping Skills

1. Behavioral Experiments:

- Design experiments to test and challenge social anxiety.
- Record observations and insights gained from each experiment.

2. Relaxation Techniques:

- Instructions for practicing controlled breathing and progressive muscle relaxation.
- Log for tracking the effectiveness of relaxation exercises.

Section 4: Building a Support System

1. Social Support Network:

- Identify individuals who can provide support.
- Strategies for seeking and maintaining social connections.

Conclusion:

- Recap of key insights gained through completing the worksheets.
- Encouragement to revisit and revise the worksheets as needed.