

Safety Behaviors Worksheet

Name:

In social situations, safety behaviors refer to actions or strategies we use to cope with anxiety or avoid potential negative outcomes. While safety behaviors may provide temporary relief, they can reinforce anxiety in the long run. This worksheet will help you identify your safety behaviors and develop alternative strategies to gradually reduce their use.

Identify Safety Behaviors

List down the safety behaviors you typically engage in during social situations. Safety behaviors may include physical actions, thought patterns, or avoidance strategies that provide a sense of control or protection. Be as specific as possible.

1.

2.

3.

4.

5.

Evaluate the Impact

For each safety behavior listed, consider the following questions:

- How does this safety behavior affect your social anxiety? Does it provide temporary relief or reinforce your anxiety in the long term?
- Does it help you avoid situations or people that trigger anxiety?
- Does it hinder your personal growth or limit your ability to engage in meaningful social interactions?

Safety Behavior 1:

Impact on Social Anxiety:

Impact on Avoidance:

Impact on Personal Growth:

Safety Behavior 2:

Impact on Social Anxiety:

Impact on Avoidance:

Impact on Personal Growth:

Safety Behavior 3:

Impact on Social Anxiety:

Impact on Avoidance:

Impact on Personal Growth:

Safety Behavior 4:

Impact on Social Anxiety:

Impact on Avoidance:

Impact on Personal Growth:

Safety Behavior 5:

Impact on Social Anxiety:

Impact on Avoidance:

Impact on Personal Growth:

Challenge Safety Behaviors

Identify alternative strategies to gradually reduce your reliance on safety behaviors. These strategies should encourage exposure to social anxiety triggers and promote personal growth.

Safety Behavior:

Alternative Strategy:

Steps to Implement Alternative Strategy:

1.

2.

3.

Safety Behavior:

Alternative Strategy:

Steps to Implement Alternative Strategy:

1.

2.

3.

Safety Behavior:

Alternative Strategy:

Steps to Implement Alternative Strategy:

1.

2.

3.

Reflection

Reflect on your progress and experiences with implementing alternative strategies.
Consider the following questions:

- How effective were the alternative strategies in managing social anxiety?
- Did you notice any changes in your ability to cope with anxiety-provoking situations?
- What challenges did you face during the process, and how did you overcome them?

Additional notes