

Social Anxiety Coping Skills

Name:	Age:
Date:	Practitioner:
Below are six different coping skills and strategies that can be utilized for social anxiety symptoms. Feel free to incorporate the activities that work for you.	
4-7-8 breathing method	
To practice this breathing method, do the following steps: <ol style="list-style-type: none">1. Lie down or sit down.2. Put one hand on your chest and the other one on your belly.3. Take a deep breath from your belly, slowly.4. Count to 4 while taking a deep breath.5. Hold your breath and count mentally from 1 to 7.6. Exhale slowly while counting mentally from 1 to 8.7. Repeat all of the above for 3 to 7 times or however much you want until you feel relaxed.	
Did this exercise work for you? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Additional notes:	
Mindfulness	
Mindfulness is a popular mental health practice these days, and it can benefit people with social anxiety disorder, anchoring people to the present moment. Practice this to help you stop worrying about what others might think of you after interacting with them.	
Some options for mindfulness include:	
1.	
2.	
3.	

Did this exercise work for you?

☐ Yes

☐ No

Additional notes:

Visualization

Ask yourself the following questions:

- What feelings do I want to feel in this social interaction?
- What can help me feel those feelings?
- What can keep me from stopping this interaction just to get away from it?

These are just three sample questions you can ask yourself. Unpack what you feel and create such a scenario in your imagination.

Notes:

Did this exercise work for you?

☐ Yes

☐ No

Additional notes:

Self-affirmation and compassion

What do you love about yourself? What are you good at? What do people you know like about you? Detail all of them here to remind yourself that you're better than how you currently perceive yourself.

Notes:

Did this exercise work for you?

☐ Yes

☐ No

Additional notes:

Reframing unhelpful thoughts

What are negative thoughts that you have about social interactions?

Notes:

After listing all of that, what are more positive thoughts you have that can replace these negative thoughts?

Notes:

Did this exercise work for you?

☐ Yes

☐ No

Additional notes:

Journal a week of social interactions

Keep a journal and write down your feelings about the social interactions you engage in each day. It's an opportunity to unpack your experiences and feelings without fear of judgment.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Did this exercise work for you?

☐ Yes

☐ No

Additional notes: