

# Social Anxiety Worksheet

Name:

Date:

## Instructions:

Read the prompts and the questions, and answer them truthfully. Remember to be honest with yourself and provide as much information as possible.

**1. SITUATIONS OR TRIGGERS: What situations or interactions make you feel anxious?**  
(List down the social situations or interactions that make you feel anxious and uncomfortable.)

1.

2.

3.

4.

5.

**2. THOUGHTS: What negative or anxious thoughts do you have when you encounter these situations?**  
(List down the negative thought/s that come to mind when you experience these uncomfortable situations.)

1.

2.

3.

4.

5.

**3. PHYSICAL SENSATIONS: What physical symptoms do you experience when you're feeling anxious?**  
(List down the physical symptoms you feel when you're in these uncomfortable situations.)

1.

2.

3.

4.

5.

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**4. COPING STRATEGIES: What strategies can you use to manage your social anxiety?**  
(List down the things you do to cope with your anxiety during these uncomfortable situations.)

1.

2.

3.

4.

5.

**5. POSITIVE SELF-TALK: What positive statements can you say to yourself to counteract your negative thoughts?**  
(Come up with positive statements you can say to yourself to counteract your negative thoughts.)

1.

2.

3.

4.

5.

**6. Imagine waking up tomorrow with no social anxiety. How would your life be different?**  
(List three specific examples)

1.

2.

3.

**ADDITIONAL NOTES:**