

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: