Social Anxiety Worksheet

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First Name Last Name

Situation Describe the situation that has triggered your anxiety	Anxious Thoughts What did you think would happen in this situation?	Emotions What did you feel during the situation?	Regulated Thoughts Challenge your anxious thoughts by writing down counteractive thoughts
I was invited to a friend's birthday party. She is a close friend and I wanted to be there for her but I didn't really know anyone else going. Being around new people always makes me anxious as I am bad at making conversation and feel awkward.	I thought everyone would think I was distant and unfriendly. I was worried my friend wouldn't invite me again if she saw how bad I am at meeting new people.	Scared, anxious, worried, stressed.	I have many close friends, and they find me likeable and enjoy spending time with me. Meeting new people is scary but it's a good way to combat anxiety. I have interests and opinions and can add value to conversation.
I have a presentation to deliver at work tomorrow in front of 60 people.	My colleagues will see me nervous and incapable of delivering my presentation. They might laugh at me if I make a mistake. My boss could take it as a sign that I am not performing well at work.	Worried, nervous, shy, unprepared.	I have given presentations before and they have all been fine. People make mistakes, and when I've seen this happen to other people, no one is rude or judgmental.
I got a haircut yesterday that I really dislike. It doesn't suit me at all and it's too short to be fixed.	Everyone will laugh at me when they see my hair. I won't be taken seriously at work.	Anxious, scared, embarrassed, ugly.	People have a lot going on in their lives and it is unlikely that they will either notice or care about my hair. Hair grows back, and everyone has had a bad haircut in their life.