

Challenging Unhelpful Thoughts

With social anxiety, we often have unhelpful thoughts that we are going to be negatively evaluated by others or that something bad will happen if we are in social situations. Write down your specific unhelpful thought in this table then consider the strong evidence for and against this truth of this thought. Evaluate the evidence then try to think of a more realistic thought to challenge your unhelpful one.

What is your unhelpful thought or worry?	What is the evidence that this thought is true or might become true?	What is the evidence that this thought is NOT true or might not become true?	After considering the evidence, what is a more realistic thought?