

# Reducing Safety Behaviors

Identify your safety behaviors which are things you use to help you manage a social situation but are not useful to truly challenge yourself. Set yourself an attainable challenge to slowly drop this safety behavior. Make a prediction about what you think will happen if you reduce this behavior. After the social situation, come back to this worksheet and write down what actually happened - was it what you expected?

Specific safety behavior	I will challenge myself to...	What I predict will happen	What actually happened
Example Scrolling on my phone at social events	Not use my phone for 1 hour at the next event	I will draw attention to myself and feel too anxious	I felt a bit anxious to start with and someone asked me a question but I answered and had a pleasant conversation