

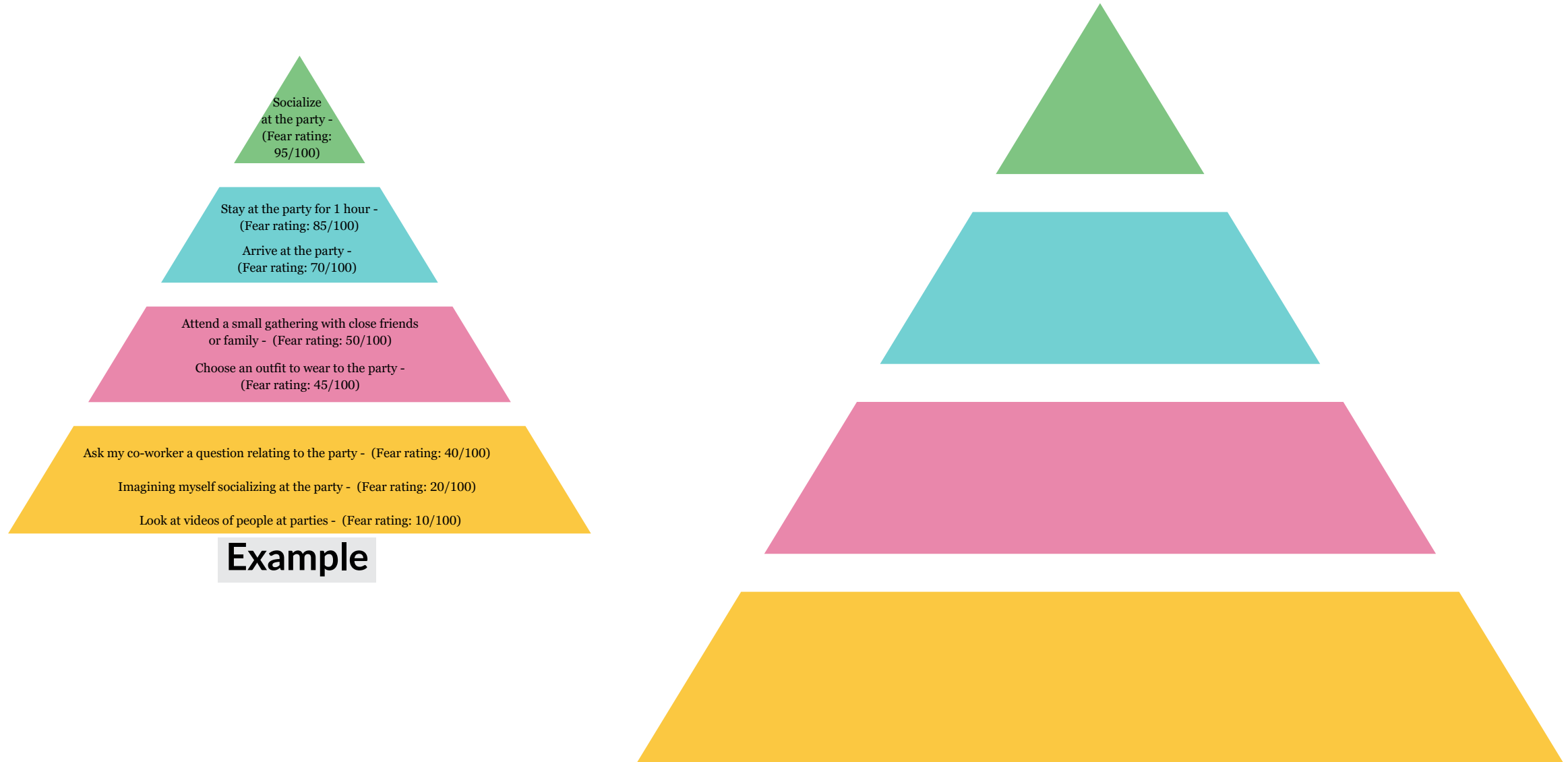
My Social Fears

Choose a specific social fear to focus on. From each bubble, draw branches and label your triggers, specific thoughts, physical sensations, and behaviors that go alongside this social fear. Repeat this for any other social fears you may have.



Exposure Hierarchy

Choose a specific social fear to focus on e.g., socializing with co-workers at a party. Think of ways in which you can slowly exposure yourself to this fear, ranking your fear from 0-100. Write these in the hierarchy with the situations that are most comfortable at the bottom and the least comfortable at the top.



SMART Goals

Setting realistic goals means choosing small, achievable steps to work on instead of overwhelming yourself with big challenges. This approach helps break down intimidating situations into manageable tasks, making progress more attainable.

Specific

What are your specific goals?
Include what/where/when/who/why
Include as much detail as possible

Mesurable

How will you measure your progress?
What evidence will you provide?
How will you know when your goal is achieved?

Achievable

Is your goal going to challenge you but still be attainable?
Make sure it is in your capabilities

Relevant

Is your goal relevant to your long-term ideas?
Does it align with your values?
Is there meaning or purpose to your goal?

Timed

When is the deadline for your goal?
How long will it take you to achieve this goal?



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 |
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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? |
|--|--|--|---|
| | | | |

Exposure Experiments

Choose an exposure experiment you want to test. It might be helpful to start with the items ranked lower on your exposure hierarchy and work your way up. Make a prediction about what will happen, how you will test this, and then describe what actually happened after the experiment. Did your prediction come true? What is something you have learned from this experiment?

| Complete before the exposure experiment | | | Complete after the exposure experiment | |
|---|--|---|---|---|
| My exposure experiment | What do you predict will happen? | How will you test your prediction? | What actually happened? | What have I learned? |
| Ask a question in a meeting | I will stumble over my words, my boss will think it's a silly question to ask, co-workers will judge me for asking a question. Predicted distress: 85/100 | At the next meeting on Wednesday. I will raise my hand at the start of the meeting. | I was nervous but my boss answered my question and thanked me for speaking up. Actual distress: 50/100 | I feel slightly less afraid of asking questions and there was no evidence that I was being negatively judged. |
| | Predicted distress: | | Actual distress: | |
| | Predicted distress: | | Actual distress: | |
| | Predicted distress: | | Actual distress: | |
| | Predicted distress: | | Actual distress: | |

Example