

Understanding Your Social Anxiety

Many people experience anxiety in common social situations. They may get anxious about speaking in public, being with certain people, or confronting or disagreeing with others. Conquering your social anxiety begins with understanding the things that trigger your anxiety and the associated emotions, physical reactions, thoughts, and behaviors. Use the chart below to record the times you are anxious and how you react.

Dates: From _____ to _____

Place/Situation/Time	Fear Level 0-100	Physical Feeling	Anxious Thoughts	Anxious Behaviors