Identifying the Social Situations That Cause You Anxiety

Objective

To identify the social situations that are most likely to cause your anxiety and to rate them according to how much anxiety you feel in each situation.

You Should Know

Many people with social anxiety avoid all situations that might make them uncomfortable. They find themselves limiting social interactions to ones which are either very familiar or unavoidable. When a social situation is unavoidable, people with social anxiety may develop other symptoms related to anxiety, from constant worrying to physical symptoms to panic attacks.

However, all social situations are not the same and when you think about it, certain situations probably bother you more than others. This worksheet is designed to help you see that some social situations do not cause you as much discomfort as others.

What to Do

Think about all of the social situations which you dislike and then write them down. Now go back and imagine yourself in the situation, rating the intensity of the anxiety each situation might cause you, using a scale from 1 to 100, with 1 = No anxiety to 100 = Overwhelming anxiety. In the last column, describe how you would normally cope with this situation.

Situation	Intensity (1 to 100)	How Would You Cope with This Situation?

Reflections on This Exercise

Which social situations cause you the most anxiety?

_____

_____

_____

Which social situations cause you the least anxiety?

_____

_____

_____

What are some of the negative ways you cope with your anxiety in being in social situations?

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_____

_____

_____

Which situations do you avoid entirely?

_____

_____

_____

How does avoiding these situations affect your life?

_____

_____

_____

Meet Your Objective

Now that you understand that different social situations cause you different levels of anxiety, how can you use this information?

_____

_____

_____

Select just one social situation that causes you low levels of anxiety to do this week.
What will it be? _____

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What could you do differently to make progress in this area?

_____

_____

_____