

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?

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?
