## Stages of Social Anxiety

<table>
<thead>
<tr>
<th>Before</th>
<th>During</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anticipatory anxiety</strong></td>
<td><strong>Excessive self-focus / Effort to stay safe</strong></td>
<td><strong>Dwelling on what went wrong</strong></td>
</tr>
</tbody>
</table>
| • Thinking of the worst-case scenario | Monitoring:  
  • how I think I look  
  • how I think I sound  
  • how I feel | • Focusing on parts that went ‘wrong’  
  • Worrying about how I looked or sounded  
  • Thinking about what I ‘should’ have done or could have done differently  
  • Being self-critical (speaking to myself harshly / bullying) |
| • Thinking about different ways it could go wrong | Doing things to keep me safe  
  • staying quiet  
  • rushing  
  • trying to control how I look or sound  
  • worrying what others think of me | |
| • Focusing on how bad it feels | **Notice what is actually happening** | **Focusing on what went well** |
| **Before** | **During** | **After** |
| **Calming down** | **Notice what is actually happening** | **Focusing on what went well** |
| • Imaginal rehearsal  
  • Thought challenging  
  • Decatastrophising  
  • Relaxed breathing | Look around and check  
  • what are others doing  
  • what are others saying  
  • what are others thinking of me  
  • what are others expecting  
  • what are others requiring  
  • what are others experiencing  
  • what are others feeling  
  • what are others needing  
  • what are others doing differently  
  • what are others saying differently  
  • what are others thinking differently  
  • what are others feeling differently  
  • what are others needing differently | • Write down what went well  
  • Commit to repeating the |
Stages of Social Anxiety

The Problem

Before ○○○
Anticipatory anxiety

During ○○○
Excessive self-focus / Effort to stay safe

After ○○○
Dwelling on what went wrong

The Solution

Before ○○○
Calming down

During ○○○
Notice what is actually happening

After ○○○
Focusing on what went well