

## Stages of Social Anxiety

### Before

#### Anticipatory anxiety

- *Thinking of the worst-case scenario*
- *Thinking about different ways it could go wrong*
- *Focusing on how bad it feels*

### The Problem

### During

#### Excessive self-focus / Effort to stay safe

##### *Monitoring:*

- *how I think I look*
- *how I think I sound*
- *how I feel*

##### *Doing things to keep me safe*

- *staying quiet*
- *rushing*
- *trying to control how I look or sound*
- *worrying what others think of me*

### After

#### Dwelling on what went wrong

- *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)*

### Before

#### Calming down

- *Imaginal rehearsal*
- *Thought challenging*
- *Decatastrophising*
- *Relaxed breathing*

### The Solution

### During

#### Notice what is actually happening

##### *Look around and check*

- *what are others*

##### *Be mindful*

- *stay with the anxiety*
- *resist / notice the urge to escape or hide*

### After

#### Focusing on what went well

- *Write down what went well*
- *Commit to repeating the*

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**Before** ● ○ ○  
Anticipatory anxiety

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*The Problem*

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

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**After** ○ ○ ●  
Dwelling on what went wrong

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**Before** ● ○ ○  
Calming down

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*The Solution*

**During** ○ ● ○  
Notice what is actually happening

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**After** ○ ○ ●  
Focusing on what went well

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