

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
- De-catastrophizing
- Relaxed breathing

The Solution

During ○—●—○

Notice what is actually happening

Look around and check

- What are others saying

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 practices that worked

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Before ● ○ ○

Anticipatory anxiety

The Problem

During ○ ● ○

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After ○ ○ ●

Dwelling on what went wrong

Before ● ○ ○

Calming down

The Solution

During ○ ● ○

Notice what is actually happening

After ○ ○ ●

Focusing on what went well