Stages of Social Anxiety

Before

Focusing on how you feel it feels scary. It could go wrong.

Thinking of yourself as a failure.

Anticipatory anxiety

Excessive self-focus / Effort to stay safe

During

It could go wrong.

Thinking of yourself as a failure.

After

Learning how to live with anxiety.

Actively participate in tasks.
Stages of Social Anxiety

**The Problem**

**Before** Anticipatory anxiety

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

**The Solution**

**Before** Calculating advantages and disadvantages

**During** Evaluate