

## Social Anxiety – Thought Record Sheet

| Trigger Situation   | Emotions<br>(0 – 10)  | Negative Thoughts<br>and Images  | Self-focus   | Safety Behaviours  | Balanced/Rational<br>Response to<br>Thoughts and Self-<br>focus  | Outcome<br>Re-rate emotion<br>(0 – 10)  |
|---|---|--|--|--|--|---|
| <p>Describe <b>what</b> was going on, <b>where</b> were you, <b>when</b> did it happen, <b>who</b> you were with?</p> | <p>Describe what you felt at the time</p> <p>How intense was the emotion?</p> | <p>Describe what you were thinking or what bothered you.</p> <p>What is the worst that can happen?</p> | <p>Where was your focus of attention when you felt anxious?</p> <p>What did you notice about yourself?</p> <p>What do you imagine you look like or how others see you?</p> | <p>How did you cope? What strategies did you use?</p> <p>What did you do to hide it or prevent others from noticing?</p> | <p>Look at the bigger picture.</p> <p>Consider another way of looking at this situation.</p> <p>What would someone else say about this situation? What advice would I give to that person?</p> <p>Are my fears accurate?</p> | <p>What did I choose to do? What could I have done differently?</p> <p>Outer-focus: look around, listen – move focus away from self</p> |