Social Anxiety Care Steps

Predict it, test it, drop the hiding habit, learn.

Name: _____ **Date:** _____

1. Safety first

Self harm, bullying or crisis? Get help first.

2. My goal

What would I do if fear were smaller?

3. The loop

Situation, prediction, alarm, hiding.

4. Rate it

Fear and avoidance, 0 to 10.

5. Predict

What exactly will happen?

6. Drop one

Pick one safety habit to drop.

7. Ladder

Easy to hard. I choose the start.

8. Brave step

Attention out. Compare with reality.

9. Review

Stop the replay. Next step.

What these activities are and are not

Practice pages, best used with a counselor who can check safety.

Is Chosen, graded practice	Predictions, brave steps, reviews
Is not Not a treatment by itself	A diagnosis, a cure, forcing a teen
Care Refer when more help is needed	Counselor, therapist, prescriber

Skill practice aid only. Does not diagnose or treat social anxiety disorder.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

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My Brave Step Plan

One step, one prediction, one thing I learn.

Name: _____ **Date:** _____

The situation and my prediction

A situation I usually avoid: _____

My goal (why it matters to me): _____

My prediction (what will happen): _____

How much I believe it (0 to 100): _____

Hiding habits, attention and coping

A safety habit I will drop: _____

Attention out anchor (their words, the room): _____

A coping thought I can bring: _____

One opener or question I can use: _____

If I want to escape, I will: _____

My brave step and what happened

My brave step (fear 0 to 10): _____

When, where, and how long: _____

What actually happened: _____

New belief (0 to 100): _____

What I learned: _____

Stop the replay plan: _____

My next step on the ladder: _____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

More notes:

_____

_____

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Brave Step Log

What I feared, what happened, what I learned.

Name: _____ **Date:** _____

Day	Situation	Prediction	What happened	I learned
1				
2				
3				
4				
5				
6				
7				

Brave step pocket cards (cut out)

Predict What exactly will happen?	**Spotlight** Fewer people notice	**Drop one** Skip one hiding habit
Attention out Their words, the room	**Brave step** Small, chosen, now	**Compare** Fear vs what happened
Replay Five minutes, then move	**Kind voice** I tried. That counts.	**Safety** 988 · HOME 741741 · 911

Not a treatment. In danger: call or text 988, text HOME to 741741, or call 911.

Brave steps I took this week:

_____

_____

_____

_____

_____

_____

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_____

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Social Anxiety Worksheets for Teens

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607386569 | instant digital download

See every page first: lotustulip.com/social-anxiety-worksheets-for-teens.html

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