My Social Anxiety Map

The fear is real. The prediction behind it is worth testing.

Name: _____ **Date:** _____

1 Situations I fear or avoid

Be specific. Rate the fear 0 to 10 and note whether I avoid it or get through it

Situation	Fear 0 to 10	Avoid or endure?	How often
e.g. speaking up in meetings			

2 My social anxiety cycle

Fill in each box for one situation

The situation

My prediction (what I fear will happen) and belief 0 to 100%

What I do to cope (my safety behaviors)

Where my attention goes (my face, voice, hands?)

3 My safety behaviors

Tick the ones I use. They feel protective but keep the fear going

- ☐ Rehearsing what to say
- ☐ Holding a cup or my phone
- ☐ Asking questions so I do not talk about me
- ☐ Hiding my face, hands or blushing
- ☐ Avoiding eye contact
- ☐ Speaking quietly or fast
- ☐ Staying near the exit or leaving early
- ☐ A drink to take the edge off

My own: _____

4 Before and after

The worry beforehand and the replay afterwards keep the fear active

Before: what I tell myself
e.g. "I will go blank"

After: my replay
e.g. "Everyone saw me blush"

A fairer line before: _____

A fairer line after: _____

If my attention were on the other person, I would notice: _____

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My Social Practice Plan

Small steps, one safety behavior dropped, attention on the other person.

Name: _____ **Date:** _____

1 My practice ladder

Six steps, easiest (1) to hardest (6). Start around 3 or 4 out of 10

Step	Practice situation	Fear 0 to 10	Done (dates)
1			
2			
3			
4			
5			
6			

2 My experiment log

Before: prediction and belief. After: what actually happened

Step	My prediction	Belief before %	Safety behavior I dropped	What actually happened	Belief after %

3 A fair review, not a replay

Answer these three, then stop

What went fine (even small things): _____

What I would say to a friend who did the same: _____

What I will try next: _____

For therapists and clients

1. A reflection and practice tool, not a test. Only a qualified clinician can diagnose social anxiety disorder.
2. Drop one safety behavior per step and put your attention on the other person's face and words.
3. Success means testing the prediction and staying, not feeling calm. Anxiety tends to ease with repetition.
4. Therapists: individual CBT based on the Clark and Wells or Heimberg model is the recommended first choice.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

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