

Thought-Feeling-Behavior Chain Worksheet (chapter 4)

Go back to the list on page 3 and look at the situations you checked that make you anxious. Pick out a couple that are especially a problem for you, then see how well you can describe each link of your chain reaction in the space below.

Situation 1: _____

THOUGHT _____

FEELING _____

BEHAVIOR _____

Situation 2: _____

THOUGHT _____

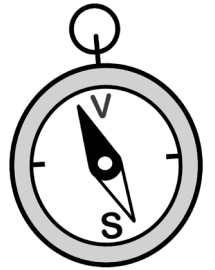
FEELING _____

BEHAVIOR _____

Goals and Values Worksheet (chapter 6)

First think of a situation that you have been avoiding. What are your goals in that situation? For example, dating, making friends, talking in class, eating in the cafeteria, going to a party, or trying out for a role in a play.

What are your true values? What are the human qualities that, in your heart, you want to express in that situation? To help you answer this, look at the list on page 54.



The Automatic Thought Test (chapter 7)

Situation	
Automatic Thoughts	
Distortions	<input type="checkbox"/> Catastrophizing (assuming the worst possible outcome) <input type="checkbox"/> Discounting the positive (refusing to take credit when you deserve it) <input type="checkbox"/> Labeling (putting a negative name on yourself) <input type="checkbox"/> Spotlighting (thinking everybody is watching you and/or how you feel inside shows on the outside) <input type="checkbox"/> Mind reading (guessing what others are thinking or will think) <input type="checkbox"/> Negative comparison (comparing yourself to others who are popular or successful) <input type="checkbox"/> Social perfectionism (the belief that mistakes are unacceptable)
Feelings	
Behavior	
Direction Avoidance or Goals & Values?	

Create Challenge Questions and Coping Thoughts (chapter 8)

Anxious Thoughts	
Distortions	<input type="checkbox"/> Catastrophizing (assuming the worst possible outcome) <input type="checkbox"/> Discounting the positive (refusing to take credit when you deserve it) <input type="checkbox"/> Labeling (putting a negative name on yourself) <input type="checkbox"/> Spotlighting (thinking everybody is watching you and/or how you feel inside shows on the outside) <input type="checkbox"/> Mind reading (guessing what others are thinking or will think) <input type="checkbox"/> Negative comparison (comparing yourself to others who are popular or successful) <input type="checkbox"/> Social perfectionism (the belief that mistakes are unacceptable)
Challenge Question	
Coping Thought	

Coping with Criticism Worksheet (chapter 9)

1. Anxiety-triggering social situation:

2. What are you afraid that others might think or say about you?

3. If someone did say or do something that was critical, what would be an assertive response?

4. Imagine the criticism persists. What would they say?

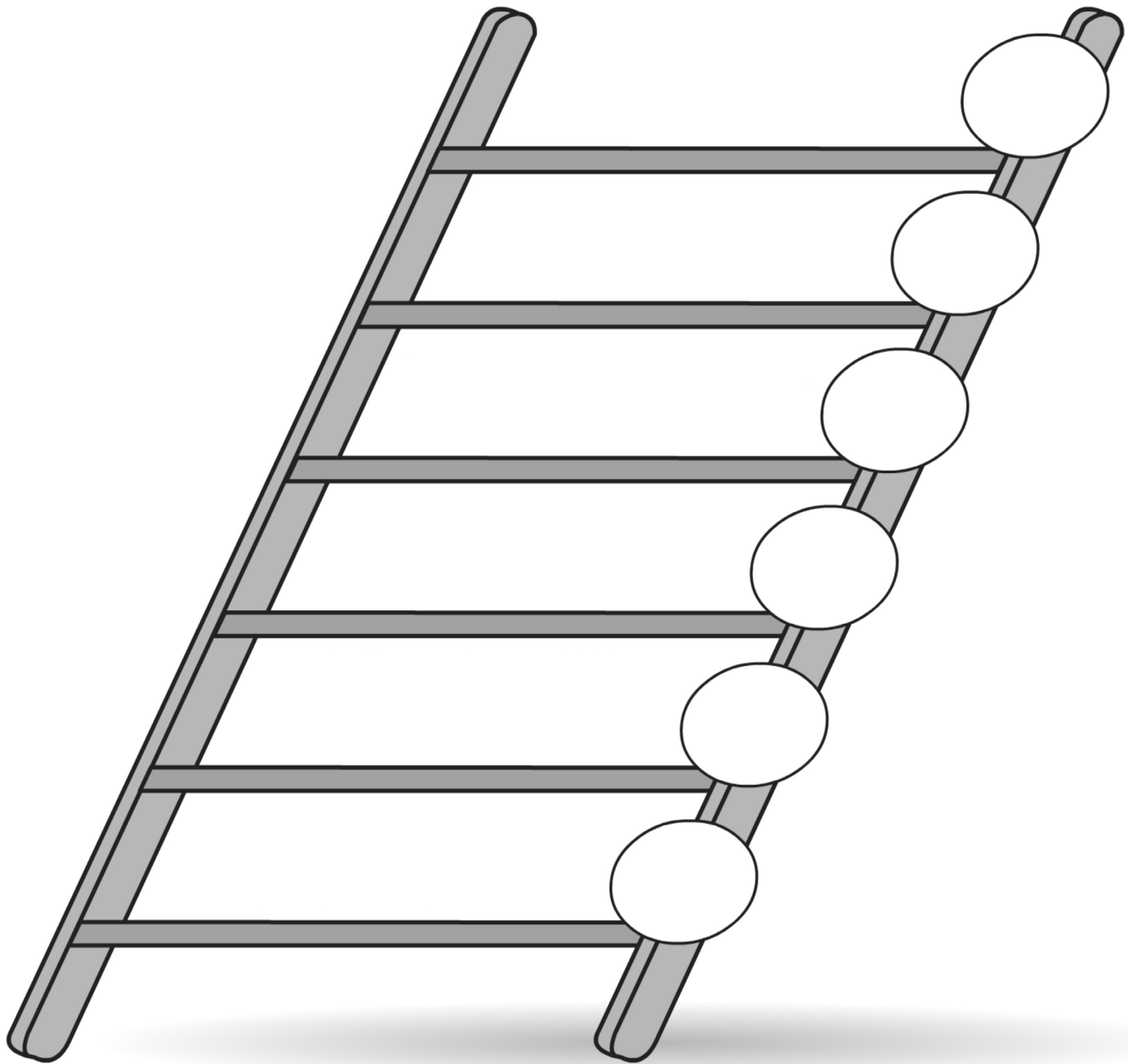
5. Come up with another assertive response you can make.

6. What would the critic say?

7. How can you continue to stand up for yourself?

Exposure Ladder Worksheet (chapter 10)

Now it's time to build a ladder of your own. Begin by writing the avoidance situation most important to you on the top rung. On the bottom rung, write the least scary step you can think of that would lead in that direction. For example, if your top rung is to give a presentation in class, your bottom rung might be to tell a joke to a friend. One by one, fill in the rungs of your ladder so that each exposure builds on the one before.



Pre-Exposure Chart, Part A (chapter 11)

Exposure	<i>What feared situation are you facing?</i>
Perfectionist Goal	<i>How do you think you should act and appear in this situation?</i>
Anxious Prediction	<i>What are you afraid will happen?</i>
Distortions	<p><i>What distorted thinking does your anxious prediction rely on?</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Catastrophizing (assuming the worst possible outcome) <input type="checkbox"/> Discounting the positive (refusing to take credit when you deserve it) <input type="checkbox"/> Labeling (putting a negative name on yourself) <input type="checkbox"/> Spotlighting (thinking everybody is watching you and/or how you feel inside shows on the outside) <input type="checkbox"/> Mind reading (guessing what others are thinking or will think) <input type="checkbox"/> Negative comparison (comparing yourself to others who are popular or successful) <input type="checkbox"/> Social perfectionism (the belief that mistakes are unacceptable)
Safety Behavior	<i>What would you normally do to prevent your anxious prediction from happening?</i>

Pre-Exposure Chart, Part B (chapter 11)

Realistic Goal	<i>What can you accomplish even though you feel anxious?</i>												
Coping Thought	<i>What can you remind yourself of when you are feeling the most anxious?</i>												
Values	<p><i>What motivates you to move in this direction?</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">Growth</td> <td style="width: 25%;">Connection</td> <td style="width: 25%;">Honesty</td> <td style="width: 25%;">Self-Expression</td> </tr> <tr> <td>Fun</td> <td>Authenticity</td> <td>Spontaneity</td> <td>Risk</td> </tr> <tr> <td>Adventure</td> <td>Creativity</td> <td>Independence</td> <td>Courage</td> </tr> </table>	Growth	Connection	Honesty	Self-Expression	Fun	Authenticity	Spontaneity	Risk	Adventure	Creativity	Independence	Courage
Growth	Connection	Honesty	Self-Expression										
Fun	Authenticity	Spontaneity	Risk										
Adventure	Creativity	Independence	Courage										

Exposure Date: _____ Time: _____

Post-Exposure Chart (chapter 11)

Did I meet my realistic goal? How?	
Did I use safety behaviors? What did I do instead?	
How did I move toward my values?	
What was the actual outcome?	
What have I learned?	

Social Anxiety Quiz

Evaluate each question on a scale from 1 to 5, where 1 = disagree strongly and 5 = agree strongly.

Do you spend a lot of time thinking about what you are going to say or how you are going to act in social situations?	
Do you have difficulty speaking up in a meeting or class?	
Do you worry you will be judged by others when you post something on social media?	
Do you panic at the prospect of giving a report or presentation to a group?	
Do you feel extremely uncomfortable starting or joining a conversation?	
Do you avoid calling or texting someone you don't know very well?	
Do you worry that you will act in a way or show signs of anxiety that others will judge you for or will lead to rejection?	
Do you compare yourself unfavorably to others?	
Total score	

The higher your score, the more likely you are experiencing social anxiety.