

Social Anxiety - Thought Record Sheet - Examples

Situation	Anxiety Provoking thoughts/predictions	Anxiety Level Before	More positive thoughts/predictions	Evidence and more realistic conclusions	Re-rated anxiety
Meeting at work	I will say something stupid or be quiet - people will think I'm an idiot.	80%	I will do my best - I may say something intelligent, or at least relevant when I can. People know that speaking up in a group can be hard. Whatever I say won't really change what my coworkers already think about my overall ability.	My boss asked me to the meeting so they must think I have something worthwhile to say. Nothing terrible will happen if I say something stupid or go quiet - it happens to everyone sometimes. Over time - if I gently practice - I will become able to say more.	45%
Having coffee with a friend	I may blush or my hands may shake. My friend will think that I'm nervous. I will see that as a weakness,	70%	My friend may not notice my hand shaking - even if they notice - they will not judge me. Everyone gets nervous sometimes.	I have known my friend for years - they know I get nervous sometimes and still wants to spend time with me. Having some nerves is a common thing - they are afraid of flying. I have a right to be myself - even if nervous - and gently accept myself as I am.	35%
Returning an item to a store	The cashier will think I'm stupid for buying wrong item. They won't let me return the item and I won't know how to respond.	70%	The cashier will not think I'm stupid. Customers are always returning things for all sorts of reasons. It's their job to do refunds. Even if I am anxious, its common to be anxious sometimes - I will be able to cope with the situation.	I have returned items to stores before and it always seems to work out. Chances are this time too. I have the right to return this item within 30 days. Even if I seem nervous the cashier doesn't have the right to turn down my request. I can be gentle with myself and just take my time.	30%