

Social Anxiety – Situations I avoid

Avoidance of particular situations are common in social anxiety.

This list is to help you identify the situations that cause you the most problems.

Note: “Safety behaviour” avoidance such as avoiding eye contact, avoiding giving opinions, saying very little etc are covered with the “My Safety Behaviours” worksheet.

Situations you avoid (Not a complete list but may help)	Add your own detail / context:	How big an issue?		
		Minor	Medium	Large
being center of attention dating groups / food / drinks with friends etc. eating or drinking alone in public family events (birthdays, xmas etc) parties (with / without alcohol) asking for help, returning items to a shop attending medical or official appointments crowded or busy places public toilets or waiting rooms queuing or shopping talking to new people or strangers small talk conversations public speaking talking or speaking up in groups talking on the phone talking to people in positions of authority talking to people you are attracted to <u>Work/Education</u> group work or meetings interviews or presentations social events tea or lunch breaks with colleagues				