

# Social Anxiety - Calming Technique Worksheet

Finding calming techniques that work for you is a skill. You can monitor your own practice in the log below to keep a record of what happened, and how it went. Use the scale to indicate how you felt before and after!

1	2	3	4	5	6	7	8	9	10
The most anxious									The most relaxed

Situation	Calming technique tried Remember the main calming technique is to accept the anxiety. Fighting the anxiety just makes it worse	Calmness level before (0-10)	Calmness level after (0-10)	Comments and reactions <i>e.g. what helped, what didn't, what did you learn?</i>