

# Social Anxiety – My Symptoms Overview

## (An overview of situations/symptoms that are hardest for you)

The symptoms of anxiety during a social situation can often be broken down into 3 categories – cognitions, physical sensations and behavioural.

Cognitions	Physical sensations	Behaviour
Cognitions are our <b>‘thinking’ responses</b> . This could look like <b>negative or anxious thoughts</b> but could also include <b>images</b> . Many people experience images of their worst fears in social situations, or images of themselves looking self-conscious and anxious.	These sensations are triggered by the <b>fight-or-flight response</b> in the body. For everyone this may look slightly different e.g. feeling sick or nauseous, feeling hot, sweating, shaking, brain freeze, heart palpitations, tension, breathlessness and more.	Behavioural symptoms relate to what we do, or don’t do, because of how we are feeling. This could include: <i>Avoidance</i> : Avoiding situations that make you anxious. E.g. not going to a party. <i>Safety behaviours</i> : Behaviours to help you manage the anxiety or prevent fears from coming true. E.g. hiding your hands because people might see them shaking.

**Use the sheet below to track your own anxiety symptoms:**

Anxious Situation	Cognitions	Physical sensations	Behaviour
<i>Example: Random phone number calling me</i>	<i>“Who is it, if I answer I will panic and they will be able to tell I’m anxious, I’ll come across stupid” Thoughts or Images of messing up if I answer</i>	<i>Heart beating fast and hard Feeling hot and sweaty Shaky</i>	<i>Avoided answering. Let it go to voicemail.</i>