

Social Anxiety – Thought Record - Examples

Situation	Anxiety Provoking thoughts/predictions	Anxiety Before (0-10)	More balanced thoughts/predictions	Evidence and more realistic conclusions	Re-rated anxiety (0-10)
Talking to someone	The conversation has dried up and it's my fault. I'm so useless. I never have anything to say and they must think I'm so boring.	7	Well perhaps some conversations naturally come to an end. Perhaps they just got distracted and have other things on their mind. Anyway they weren't saying very much either.	Rather than worrying about whose fault, I can use my listening and conversation skills to focus on the other person and start a new conversation. I will ask something about them, that usually works.	3
Meeting at work	I will get anxious, say something stupid - people will think I am useless.	8	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 colleagues 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 practice - I will become able to say more.	4
Having coffee with a friend	I may blush or my hands may shake. My friend will think that I'm nervous or weak.	7	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 feel ok about who I am - even if I am nervous sometimes.	3
Returning an item to a shop	The cashier will think I'm stupid for buying wrong item. They won't let me return the item and I won't know what to say.	8	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 quite normal 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 ok. 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.	3