




# Social Anxiety Workbook

All the techniques and strategies  
you need to overcome your anxiety.



# Physical symptoms of anxiety

Often, when we feel anxious, we may experience dizziness, thoughts racing etc. We can group these symptoms into psychological, cognitive and behavioural.

Psychological: these are related to physical sensations, such as sweaty palms, experiencing shortness of breath etc.

Cognitive: these are our thought responses, such as being unable to concentrate, thinking you may have a heart attack etc

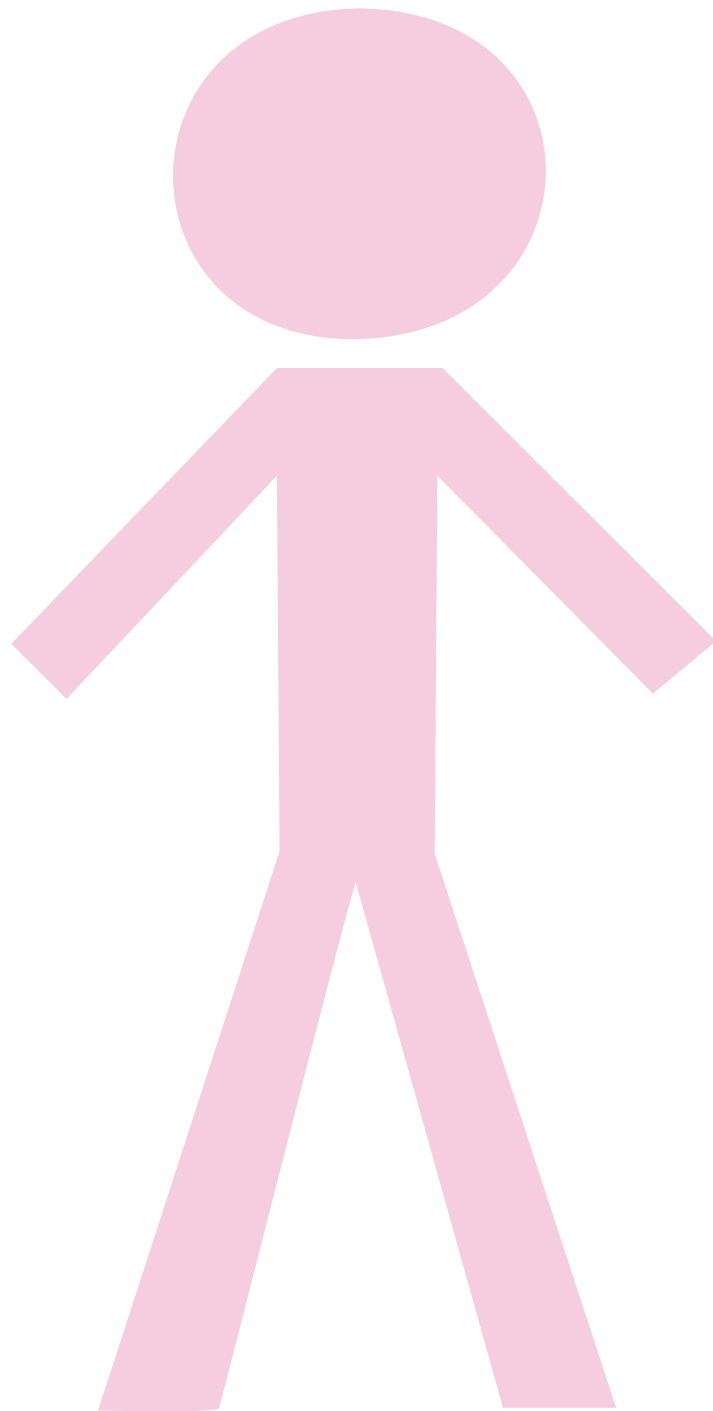
Behavioural: these are things like avoiding social situations, not going out etc.

*What symptoms do you notice  
when you feel anxious?*

Behavioural	Cognitive	Psychological

# *Physical symptoms of anxiety*

When I am anxious, my body  
feels:



# True or False?

Often, we may feel unbelievably anxious about doing something, and it turns out to not be as bad as we thought.

For example, imagine you had to do a presentation at work in front of lots of people:

## THOUGHT

I am so anxious to do this presentation, I will make a mistake and people will judge me.....

## REALITY

I did the presentation, it wasn't that bad. I made a mistake, but nobody judged me, and I carried on as usual.

# What is social anxiety?

- an overwhelming fear of social situations, such as meeting people etc.

Some situations you may feel anxious in, and circle the ones that apply to you.

# Anxiety provoking situation examples

- Meetings at work
- Parties
- Presentations
- Meeting new people
- Small talk
- Voicing your opinion
- Job interviews
- Returning items to the shop
- Asking questions
- Speaking on the phone

Situations that make me feel  
anxious:

# *Break it down*

Now you have a few situations that make you feel anxious, use the following worksheet and repeat it with each situation. This will help you to understand why you feel this way.

It may be due to past experiences, fear of being judged etc.



# Break it down

Situation:

What am I  
scared will  
happen?

What is the  
worst that  
can happen?

What is the  
best that can  
happen?

Realistically, what will happen?

# *Let's test it out*

Now you are going to put yourself in all of the situations you listed. You can build it up, maybe start with the easiest and rank them to the hardest? But let's test them out, and see what really happens.

# Test it out

Situation:

What I  
thought would  
happen?

What  
actually  
happened:

What have I  
learnt from  
this:

Extra notes:

# Mood tracker

DAY

1

2

3

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# GRATITUDE JOURNAL

*Monday*

- I am grateful for:

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- Best part of my day:

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*Tuesday*

- I am grateful for:

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- Best part of my day:

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*Wednesday*

- I am grateful for:

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- Best part of my day:

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*Thursday*

- I am grateful for:

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- Best part of my day:

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*Friday*

- I am grateful for:

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- Best part of my day:

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*Saturday*

- I am grateful for:

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- Best part of my day:

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*Sunday*

- I am grateful for:

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- Best part of my day:

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Things that made me smile this week:

# Monthly gratitude planner

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Write down one thing you are grateful for each day.

# The 'bucket' exercise

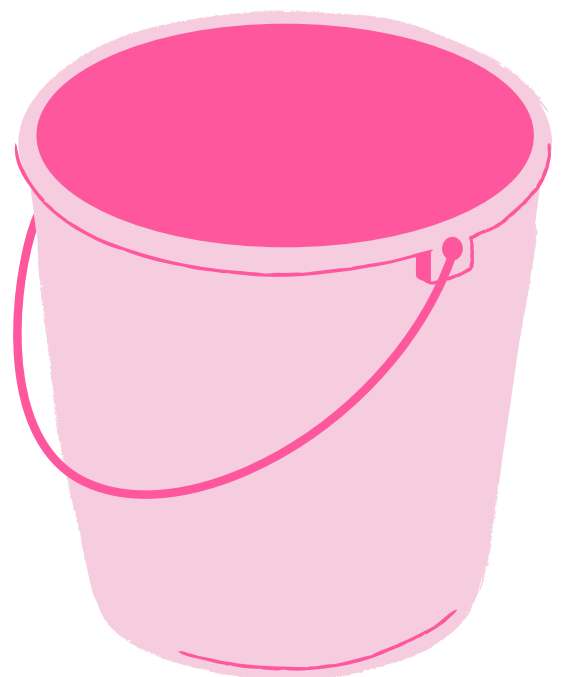
Imagine your mind is a bucket with a hole in. The thoughts are constantly flowing in (like water from a tap) and at the same time, thoughts are flowing out (water flows out of the hole in the bucket).

If we hold on to those thoughts, and do not let any of the flow out of the 'hole', our bucket will overflow. When this happens, we may feel more anxious, and feel the need to restrict our food, over exercise or any other unhelpful coping mechanism.

So, to prevent this, we need to let the thoughts flow out.

How to do this exercise:

- write down all of the things that are making you feel stressed or you are worried about inside the bucket.
- you have to let some of those out, so pick as many of the thoughts as you can, and imagine them flowing out of the bucket. It may help to write down a reason why you can let this thought flow out.





Write your  
thoughts in  
here





# Mindfulness

Why should I do  
mindfulness?

Not only does it help to  
calm your thoughts, but  
helps you to concentrate,  
improves sleep, prevents  
panic attacks, and more!

So, try these exercises....

5 things you can see

4 things you can hear

3 things you can smell

2 things you can touch

1 deep breath

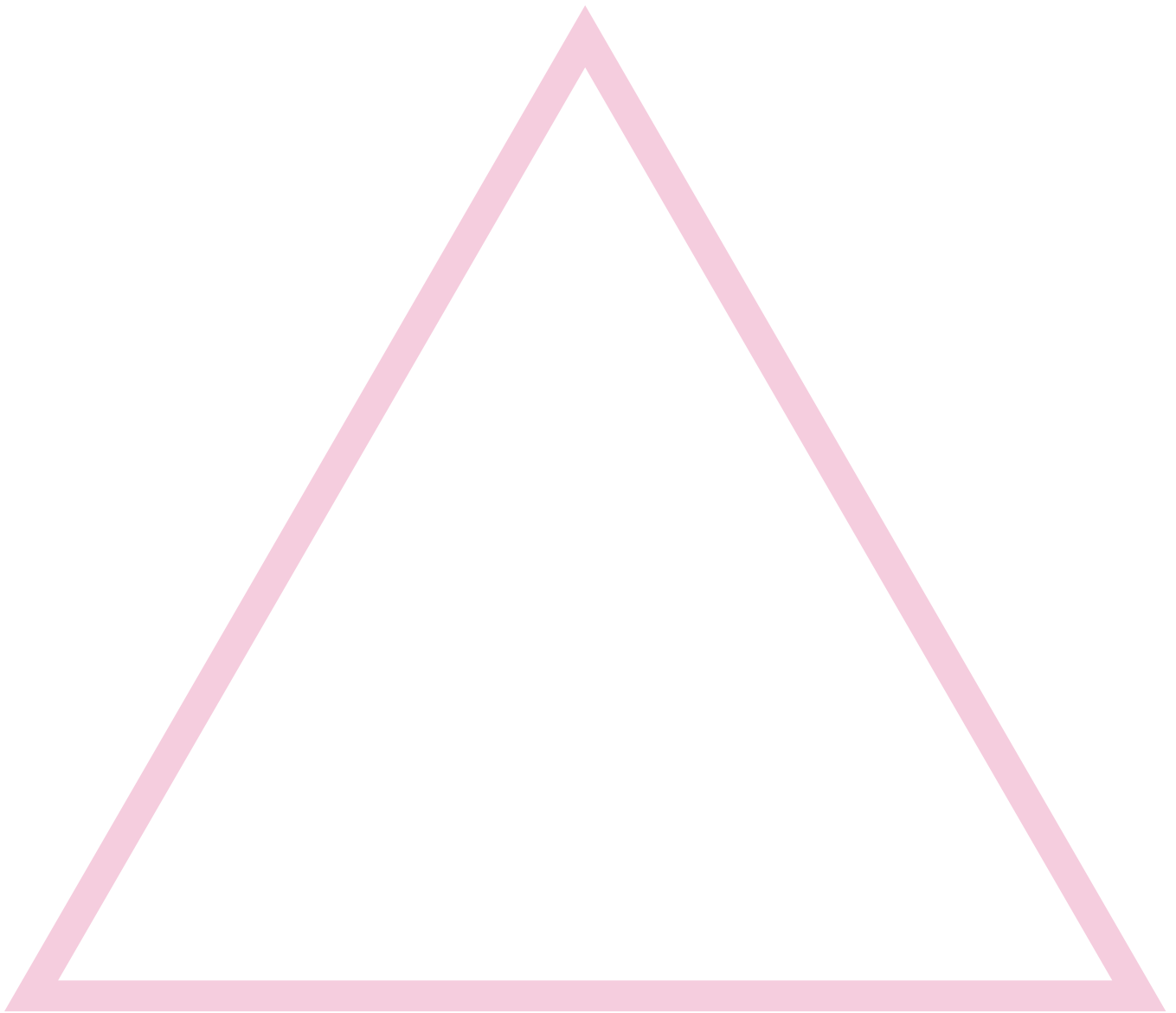
# Triangular breathing

I know this sounds strange, but just go with it.

All you have to do is draw triangles.

Breathe in as you draw one line, breathe out as you draw the other, breathe in for the third line and so on, until your paper is full of triangles! Or, use the triangular breathing worksheet, and as you breathe, trace the shape with your finger.

# *triangular breathing*



# Your favourite place

You know sometimes when you feel anxious, you wish you could just escape the situation?

Well, you can, but in your mind.

Visualise your favourite place, maybe it's at home, the beach, being with your pet.

Visualise being in that place, imagining what you can see, hear, smell, everything. It will feel odd at first, however I recommend practicing this at times where your anxiety is lower, and then you can use it to stamp down that anxiety whenever you need.

# *Your favourite place*

I CAN SEE:

I CAN SMELL:

I CAN HEAR: