



SOCIAL ANXIETY SELF-REFLECTION WORKSHEET



MINDFUL PATH COUNSELLING

Social Anxiety Self-Reflection Worksheet

Introduction:

This worksheet is designed to help you reflect on your social anxiety triggers, thought patterns, and reactions. By gaining more insight into your experiences, you can begin to take small steps towards managing your anxiety in social situations.

1. Social Anxiety Triggers

When do you feel most anxious in social situations?

(Think about specific scenarios - e.g., large groups, one-on-one conversations, work meetings, social events, etc.)

2. Thought Patterns

What negative or anxious thoughts cross your mind when you're in these situations?

(Examples: *"Everyone is judging me," "I'll say something stupid," "I don't belong here."*)



3. Emotional Reactions

How do you feel emotionally during these social situations?

(Examples: *nervous, self-conscious, fearful, embarrassed*)

4. Behavioural Responses

How do you typically respond when these thoughts and feelings arise?

(Do you avoid social events? Do you withdraw, stay silent, or overcompensate? Be as specific as possible.)

5. Action Plan

What's one small, manageable change you could make next time you find yourself feeling anxious in a social situation?

(Example: *"I will focus on listening and ask questions to take the pressure off myself."*)



6. Reflection

What went well in your most recent social situation, even if it was small?

(Examples: *"I spoke up in the meeting," "I smiled at someone I didn't know."*)

What can you learn from your past experiences to help you in the future?

(Example: *"I know I'll feel more comfortable if I arrive early and take a moment to ground myself."*)

Conclusion

Social anxiety can feel overwhelming, but by breaking it down into smaller, manageable pieces, you can begin to gain more control.

Use this worksheet to reflect after each social situation, and remember that every small step counts.

