

## CBT Worksheet for Social Anxiety

Social anxiety is about the fear of being judged by a lot of people so you tend to avoid facing the public places with a lot of people. The following are some of the questions. Answer them well to explore your anxiety.

### Situations that provoke Anxiety

Being the center of attention	Going to the store	Giving speeches
Attending a party with a lot of people	Meeting someone new	Other

### Cognitions related to Social Anxiety

People will judge me	They will pass negative comments	I will embarrass myself
I don't know what to talk	I will look funny	Other

### How does it reflect in your behaviour

Avoid going to places	Cover your face	I don't talk to anyone

**Triggering factors: Write about the Situation.**

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**Rate the intensity of your anxiety on a scale from 1-10, with 10 being the highest)**

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**Identify the negative beliefs. Describe the occasion in detail that gave rise to the dysfunctional thought**

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**Identify the Automatic thoughts/negative Thoughts.**

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**Think of the Alternative Thoughts, Positive and functional one's which can replace the dysfunctional thoughts**

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**Record a promising alternative thought?**

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**Rate the intensity of your anxiety on a scale from 1-10, with 10 being the highest)**

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