

Social Anxiety Coping Skills Worksheets

1. Get to know about your fears.
2. Face your fears; stop avoiding them.
3. Prepare yourself beforehand.
4. Stand in front of the mirror and try to talk or give a speech in front of the people. That will uncover and limit your stage fright.
5. Try to remain in the moment, stay in the present.
6. Shift the focus from yourself to the situation.
7. Exercise and do progressive muscle relaxation.
8. Remind yourself that it's not essential to think of what people think of you.
9. Give yourself this message that you need to stop worrying about
10. Keep practicing at small events; before facing a big audience, try meeting the people in small gatherings.
11. Practice small deeds of kindness to overcome your social anxiety.
12. Identify the Automatic Negative Thoughts.
13. Challenge and restructure your self-defeating thoughts.
14. Practice mindfulness.