

Social Anxiety Coping Skills Worksheets: Version 2

Know your Triggers: What makes you anxious? Enlist your triggers:

Try to move or distract your mind: Count to 50 or do something else to divert your mind:

Stand in front of the mirror and try to talk or speak in front of people. That will uncover and limit your stage fright:

Positive reminders that you don't have to be worried about people and their opinions:

Face your negative thoughts, write it and then see its validity, e.g what if people will judge me how will it practically affect me?

Imagination and a role play: Do a role play before actually facing the audience, act as if you were standing in front of the whole crowd and have to give a speech. How will you use your hands and say where people will talk to you, keep practising hard

Exercise & Progressive Muscle Relaxation: