



# Overcoming Social Anxiety

- EXERCISES -

# a. Emotional Signs & Symptoms

## Exercise



Do you feel Self-consciousness and anxiety in everyday social situations? Why/Why not?



Do you worry for days, weeks, or even months before an upcoming social situation? Why/Why not?



Do you fear of being watched or judged by others, especially people you don't know? Why/Why not?



Do you fear that you'll act in ways that will embarrass or humiliate yourself? Why/Why not?



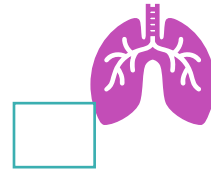
Do you fear that others will notice that you're nervous? Why/Why not?

## b. Physical Signs & Symptoms: Which do you display?

### Exercise



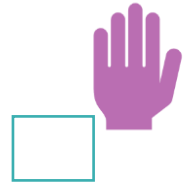
Red face, or blushing



Shortness of breath



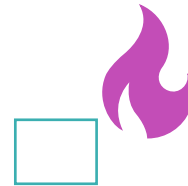
Upset stomach, nausea (e.g., butterflies)



Trembling or shaking (including shaky voice)



Racing heart or tightness in chest

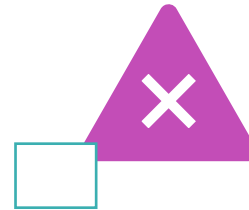
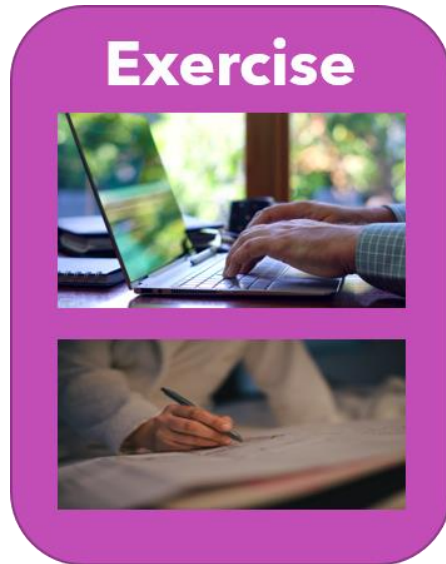


Sweating or hot flashes

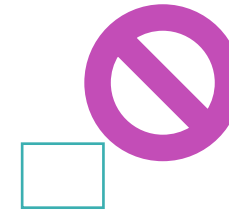


Feeling dizzy or faint

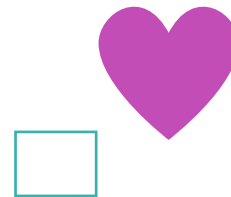
## c. Behavioural Signs & Symptoms: which applies to you?



Avoiding social situations to a degree that limits your activities or disrupts your life



Staying quiet or hiding in the background in order to escape notice and embarrassment



A need to always bring a buddy along with you wherever you go



Drinking before social situations in order to soothe your nerves

## Exercise



# Challenging your negative thoughts ...

## Identify

- Identify the automatic negative thoughts that underlie your fear
  - **What are the negative thoughts that underlie my fear?**

## Analyze and challenge

- Analyze and challenge these thoughts.
- It helps to ask yourself questions about the negative thoughts:
  - **“Do I know for sure that ...?”** or
  - **“Will people really think that ....?”**

# Practice focusing on others ...

Ask your partner what was their most memorable experience of the week

Practice these →

## Practice



### Focus

- **Focus your attention on other people**

- Do not focus on what they're thinking of you
- Do your best to engage them and make a genuine connection.

### Remember

- **Remember that anxiety isn't as visible as you think**

- Even if someone notices that you're nervous, that doesn't mean they'll think badly of you
- Chances are other people are feeling just as nervous as you—or have done in the past.

### Listen

- **Really listen to what is being said**

- Not to your own negative thoughts

### Focus on

- **Focus on the present moment**

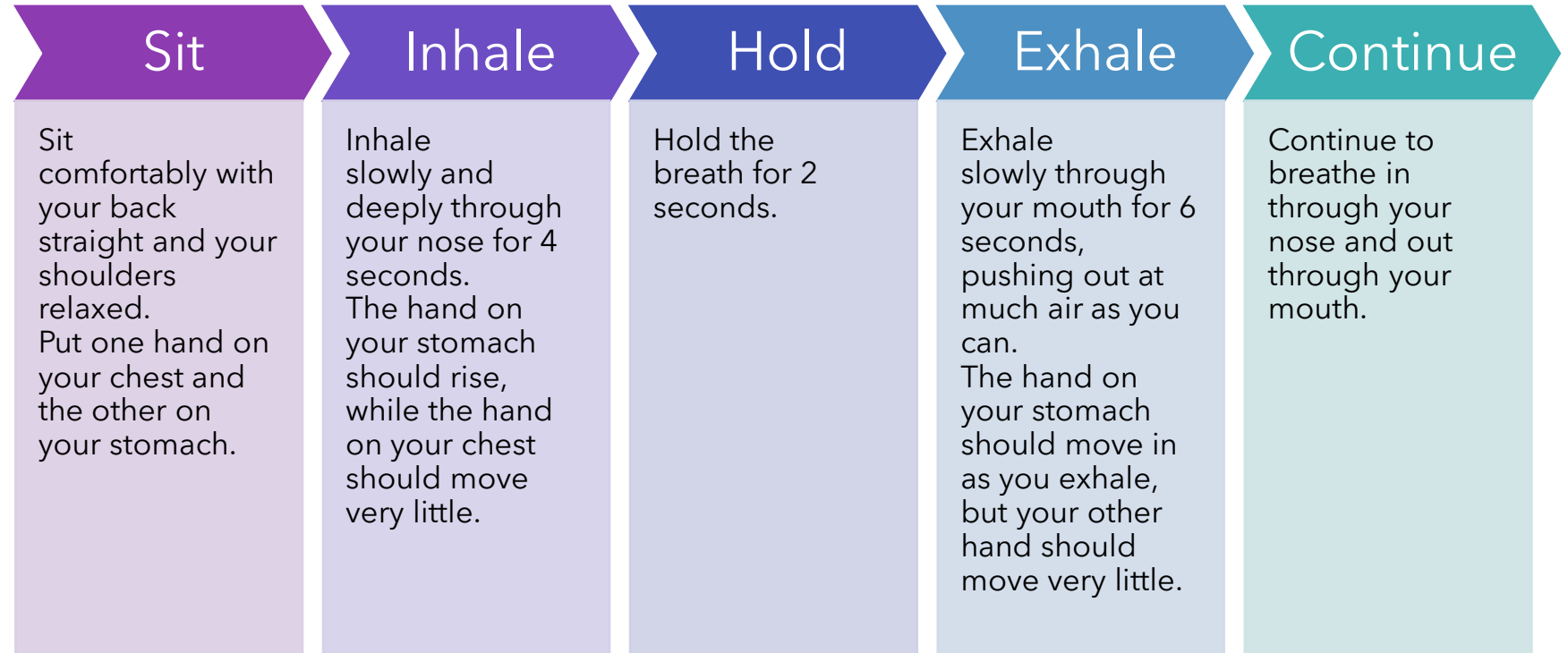
- Do not worry about what you're going to say
- Do not beat yourself up for a mistake that's already passed

### Release

- **Release the pressure to be perfect**

- Instead, focus on being genuine and attentive—qualities that other people will appreciate.

# Exercise - Breathing to Stay Calm



# EXAMPLE: Create your own *Social Anxiety Ladder*

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## What is your Challenge?

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What are the steps you will Take?

### Exercise



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# Make an effort to be more social

## Exercise



Which supportive social environments will you seek out?

- 1.
- 2.
- 3.

How will you start interacting with others in positive ways?

- 1.
- 2.
- 3.
- 4.
- 5.

## REVIEW: Six Tips to Overcome *Social Anxiety*

1. Challenge negative thoughts
2. Focus on others, not on yourself
3. Learn to control your breathing
4. Face your fears
5. Make an effort to be more social
6. Adopt an anti-anxiety lifestyle





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Thank you !