

Reproducibles for
Living Well with Social
Anxiety
by Deborah Dobson

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THOUGHTS, FEELINGS, AND ACTIONS RECORD

Situation (date, time, event)	Automatic thought(s)	Feelings (include intensity, rating from 0–100)	Actions/behaviors

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EVIDENCE FOR AND AGAINST A THOUGHT

Thought: _____

Evidence for	Evidence against

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ALTERNATIVE THOUGHTS AND CONSEQUENCES

Situation (date, time, event)	Automatic thought(s)	Feelings (include intensity, rating from 0–100)	Actions/behaviors	Alternative thoughts	Consequences

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SOCIAL COPING SCALE

For each item, circle or highlight the number that would appropriately reflect your own experience.

- 1 = Rarely occurs
- 2 = Occasionally occurs
- 3 = Occurs about half the time
- 4 = Frequently occurs
- 5 = Occurs almost all the time

- | | | | | | |
|---|---|---|---|---|---|
| 1. I go only to social events where I know what to expect. | 1 | 2 | 3 | 4 | 5 |
| 2. I tend to steer the conversation toward the other person. | 1 | 2 | 3 | 4 | 5 |
| 3. I keep my hands and arms tense or clench my hands to prevent them from shaking during social events. | 1 | 2 | 3 | 4 | 5 |
| 4. I try to act aloof or indifferent to what others may think of me. | 1 | 2 | 3 | 4 | 5 |
| 5. I have a drink to calm down before I go out. | 1 | 2 | 3 | 4 | 5 |
| 6. I avoid eye contact and may even wear dark sunglasses. | 1 | 2 | 3 | 4 | 5 |
| 7. I only go out with someone who is quite self-confident. | 1 | 2 | 3 | 4 | 5 |
| 8. I tend to worry about how I will manage during an upcoming social event. | 1 | 2 | 3 | 4 | 5 |
| 9. I avoid sharing personal information about myself with others. | 1 | 2 | 3 | 4 | 5 |
| 10. I tend to be overly apologetic. | 1 | 2 | 3 | 4 | 5 |
| 11. I take an anti-anxiety medication (e.g., Ativan) before I go out. | 1 | 2 | 3 | 4 | 5 |
| 12. I tend to be the one who helps out with the drinks, food, or clean-up at social functions. | 1 | 2 | 3 | 4 | 5 |
| 13. I avoid shaking people's hands because my palms are sweaty. | 1 | 2 | 3 | 4 | 5 |
| 14. I try to blend in. | 1 | 2 | 3 | 4 | 5 |
| 15. I think of myself as a better listener than conversationalist. | 1 | 2 | 3 | 4 | 5 |
| 16. Before I go out, I rehearse what I will do or say in detail. | 1 | 2 | 3 | 4 | 5 |

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SOCIAL COPING SCALE (page 2 of 2)

1 = Rarely occurs
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17. I only go to those social events where I know most of the people.	1	2	3	4	5
18. I tend to be agreeable.	1	2	3	4	5
19. I worry about the impression I'm making on others.	1	2	3	4	5
20. I am prone to daydreaming, fantasizing, or "tuning out."	1	2	3	4	5
21. I tend to leave social events fairly early, as soon as I notice other people starting to leave.	1	2	3	4	5
22. While others are speaking, I try to think of the next question to ask or comment to make.	1	2	3	4	5
23. I avoid going out if I am feeling anxious.	1	2	3	4	5
24. I tend to worry about how I came across following a social event.	1	2	3	4	5
25. I tend to drink too much when I'm out socially.	1	2	3	4	5
26. I focus on how I feel physically when I'm out socially.	1	2	3	4	5
27. During a social event, I focus on how I think I'm coming across to others and sometimes miss what was said.	1	2	3	4	5
28. I tend to talk less than others.	1	2	3	4	5
29. Once a social event is over, I spend a lot of time going over it and analyzing what I said and did.	1	2	3	4	5
30. I try my best to "get through" the social event with the least possible anxiety.	1	2	3	4	5
31. I focus on controlling my own breathing during a social event.	1	2	3	4	5
32. I dress in an inconspicuous manner to avoid being the center of attention.	1	2	3	4	5
33. I focus on trying to relax during a social event.	1	2	3	4	5
34. I use disclaimers when I state an opinion; for example "I could be wrong, but . . ." or "I probably don't know what I'm talking about, but. . ."	1	2	3	4	5
35. I prefer to socialize outside my own home.	1	2	3	4	5

SOCIAL ANXIETY PROGRESS REVIEW

What were your initial overall and specific goals?

Thoughts about your progress

Have you achieved what you hoped for?

How do you know?

Do you need to refocus or increase your efforts?

What are some of your future goals? Think about the short term (next few weeks), medium term (next few months), and longer term (next year).

What are some general tools that you have found helpful?

- ☐ Knowledge about social anxiety
- ☐ Understanding my own patterns and symptoms
- ☐ Realizing the consequences and costs of social anxiety

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SOCIAL ANXIETY PROGRESS REVIEW *(page 2 of 2)*

- ☐ Knowing that avoidance helps in the short term but makes things much worse over time
- ☐ Breaking things down into components
- ☐ Creating distance to give me time to figure it out—slow it down
- ☐ Using my words—increasing my emotional vocabulary
- ☐ Realizing that my physical responses won't hurt me
- ☐ Seeing that we all wear different glasses and see the world through them
- ☐ Having a simple statement in mind, such as “Thoughts are just my opinion, not necessarily true”
- ☐ Learning to tolerate discomfort
- ☐ Doing what I fear, slowly and surely
- ☐ Practicing different types of social skills
- ☐ Being perfectly imperfect—embracing mistakes
- ☐ Customizing tools—making things my own

What are some tools you could use more often?

What are some tools you have not yet tried but might be helpful in the future?