

Social Anxiety - Thought Record Sheet

Situation & Trigger	Feelings: Emotion/s Rate 0 – 100% Physical sensations	Unhelpful thoughts or images	Self-focus	Safety Behaviours	Balanced more rational response to thoughts and self-focus	Outcome What I did – how that helped. Re-rate Emotion 0-100%
<p><i>What happened? Where? When? Who with? How?</i></p> <p><i>What did I notice? What did I react to?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p> <p><i>When I felt anxious, what did I notice in my body? Where did I feel it?</i></p>	<p><i>What went through my mind? What disturbed me? What's the worst that could happen? What did I think others would notice or think about me? What would that mean to me, or say about me?</i></p>	<p><i>As I felt anxious, where was my focus of attention? What did I notice about myself? What do I imagine I look like, or how others see me? How do I picture myself looking?</i></p>	<p><i>What did I do that helped me cope? What did I do to hide it or prevent others from noticing? What did I do to try to stop it happening? Did I have an urge to do anything? How did what I did affect my anxiety?</i></p>	<p><i>STOPP! Take a breath.... Is this fact or opinion? What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give a friend? Is my reaction in proportion? If I was seeing this as an outsider, what would I notice about other people? What's REALLY happening? Change focus!</i></p>	<p><i>What could I do differently? What would be more effective?</i></p> <p><i>Outer-focus: look around, listen – move focus of attention away from self</i></p> <p><i>Do what works! Act wisely.</i></p> <p><i>What would be most helpful for me or best for the situation? What will the consequences be? (long and short term)</i></p>