Understanding Your Social Anxiety

Many people experience mildly uncomfortable social situations. They may get anxious about speaking in public, being with unfamiliar people, or continuing to struggling with others. Conquering your social anxiety begins with understanding the things that trigger your anxiety and the associated behaviors, physical reactions, thoughts, and feelings. Use the chart below to record the times you are anxious and how you react.

Date: From:_____ to _____

Place/Situation/Time	Your mood at time	Physical Feeling	Anxious thoughts	Anxious behaviors