Understanding Your Social Anxiety

Many people experience anxiety in certain social situations. They may get anxious about speaking in public, being with certain people, or meeting or engaging with others. Empowering your social anxiety begins with understanding the things that trigger your anxiety and the associated emotions, physical reactions, thoughts, and behaviors. Use the chart below to convert the fuzzy you are anxious and how you react.

Date: Start:_____ Id:_____

Place/Situation/Time	Your level of Life	Physical Feeling	Anxious Thoughts	Anxious Behaviors