



**Thoughts**  
They think its weird  
Everyone is staring at me  
I don't have anything to say

**Situation**  
Standing in a small group

**Feelings**  
Nervous  
Self conscious  
(under the spotlight)

**Physical Symptoms**  
Heart racing  
Feeling hot / sweating

**Thoughts**  
Everyone can notice how nervous I am

**Feelings**  
Anxiously levels the better

**Thoughts**  
I would have been even more  
had I not escaped / stayed quiet

**Behaviours**  
Run quiet  
Make an excuse to leave

