

# SOCIAL ANXIETY

<p><b>SITUATION</b> Describe the situation that has triggered your anxiety</p>			
<p><b>ANXIOUS THOUGHTS</b> What did you think would happen in this situation?</p>			
<p><b>EMOTIONS</b> What did you feel during the situation?</p>			
<p><b>REGULATED THOUGHTS</b> Challenge your anxious thoughts by writing down counteractive thoughts</p>			