

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%
What happened? Where? When? Who with? How? What did I notice? What did I react to?	What emotion did I feel at that time? What else? How intense was it? When I felt anxious, what did I notice in my body? Where did I feel it?	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?	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?	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?	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!	What could I do differently? What would be more effective? Outer-focus: look around, listen – move focus of attention away from self Do what works! Act wisely. What would be most helpful for me or best for the situation? What will the consequences be? (long and short term)