



Facing Social Anxiety

Test your fearful predictions against what actually happens.

Social anxiety thrives on predictions — “I’ll embarrass myself,” “everyone will judge me” — and on “safety behaviors” like over-rehearsing, avoiding eye contact, or staying quiet. The trouble is those behaviors stop you from ever learning the prediction was wrong. This worksheet helps you name the fear, drop one safety behavior, and compare what you expected with what really happened. Repeating this is how social confidence is built.

Before the situation

The situation + what I predict will happen (belief 0–100%)

One safety behavior I’ll try dropping

Afterward

What actually happened

How it compared to my prediction — and what I learned