

IDENTIFYING TRIGGERS FOR FEELINGS OF SOCIAL ANXIETY

WORKSHEET

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Identifying your anxiety triggers can help you understand why you feel anxious, and it can help you develop effective coping strategies to manage difficult social situations. In this worksheet, we will guide you through the process of identifying your triggers.

1. Take a few deep breaths and find a quiet and comfortable place to sit.
2. Think back to a time when you experienced social anxiety. What was happening? Where were you? Who was with you? Write down the details of the situation.
3. Think about how you felt during that time. What emotions did you experience? Write them down.
4. Consider what physical symptoms you experienced during that time. Did you feel your heart racing, your hands sweating, or your stomach churning? Write them down.
5. Try to identify what thoughts were running through your head at that time. Were you worried about being judged or embarrassed? Were you afraid of making a mistake or not being good enough? Write down the thoughts you had.
6. Repeat this process for a few other times when you experienced social anxiety.
7. Once you have identified several situations that trigger your anxiety, look for patterns. Are there certain people, places, or types of situations that consistently make you anxious? Write down your observations.
8. Based on your observations, create a list of your top three anxiety triggers. These are the triggers that you will focus on in the next step.
9. Reflect on your list of triggers and consider how you might cope with each trigger. What can you do to manage your anxiety when you are faced with these triggers? Write down some coping strategies.

By identifying your anxiety triggers, you can take a big step toward managing your social anxiety. Remember to practice self-compassion and patience as you work through this process. Identifying triggers is an ongoing process, and it may take time to develop effective coping strategies. Use this worksheet whenever you feel stuck or overwhelmed, and remember that it's okay to ask for help from a trusted friend or mental health professional.