

PERSONAL HISTORY TIMELINE TO RAISE SELF- AWARENESS

WORKSHEET

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The Personal History Timeline is a technique that helps individuals with social anxiety identify potential underlying causes of their anxiety. It involves creating a visual representation of significant events in your life and reflecting on how they relate to your social anxiety.

By identifying significant events in your life and understanding how they have shaped your beliefs, values, and behaviors related to social situations, you can gain insight into possible underlying causes of your social anxiety. This can help you better understand your anxiety and begin to overcome it.

Instructions:

1. Start by creating a timeline of your personal history. Draw a horizontal line on a piece of paper and mark the beginning and end of your life on the line.
2. Identify significant events in your life that have shaped your beliefs, values, and behaviors related to social situations. These events can be both positive and negative and can include things like moving to a new school, starting a new job, or experiencing a traumatic event.
3. Integrate these events into the timeline in chronological order. Use symbols, colors, or images to represent each event.
4. Reflect on each event and write down any thoughts or emotions that arise. Set a timer for a set amount of time (e.g., 10 minutes) and write continuously without pausing to edit or censor your thoughts.
5. Pay attention to any recurring themes or patterns that emerge as you reflect on your past experiences. These may provide insight into possible underlying causes of your social anxiety.

By completing this exercise, you can gain a better understanding of your social anxiety and begin to overcome it.

Remember to take care of yourself while completing this exercise. It can be emotionally challenging, so be sure to practice self-care and seek support if you need it.

This exercise is not meant to be a substitute for professional medical advice or treatment.