

Social Situation

1. What went through your mind at the time? What was the worst that could happen?
What did you think people would notice about you? What would that mean/ why would it be so bad?

Thoughts

8. When you are aware of (contents of self-focus) does that seem to make it more or less likely that (thoughts) will happen.

4. When you are afraid (feared event) will happen, what happens to your attention? Do you become self-conscious? As you focus your attention on yourself, what do you do? Do you have an image of how you feel you are coming across? What does that look like?

Self-focus

3. As you became anxious, and thought that (feared event) might happen, did you do anything to try to prevent it from happening? Did you do anything to try to prevent people from noticing?

2. When you thought (feared event) might happen, what did you notice happening in your body? (suggest symptoms of anxiety).

6. As you noticed yourself becoming more anxious, what effect did that have on your

5. As you did (safety behaviours) did that make you focus more or less attention on yourself?

Safety Behaviours

Anxiety Symptoms

7. What did you do (safety behaviours) ? What effect did that have on your anxiety?

Date: ___/___/___ Client: _____