



Understanding Social Anxiety

Module 1 - Summary

Introduction

Social anxiety might feel like a wall blocking you from the life you want, but science shows us that it follows a pattern. Once we understand this pattern, we can change it. Social anxiety can affect relationships, work, and everyday life, but using proven techniques, meaningful change is possible.

Recognizing Social Anxiety

Social anxiety involves three interconnected parts:

- Thoughts: Negative interpretations like 'They think I'm boring.'
- Feelings: Physical responses like a racing heart or sweating.
- Behaviors: Avoiding social interactions or staying silent.

Understanding these parts helps break the anxiety cycle.

Breaking Down Social Anxiety

Social anxiety thrives on negative thought patterns. Some common patterns include:

- Catastrophizing: Imagining the worst-case scenario.
- Mind-reading: Assuming others are judging you.
- All-or-nothing thinking: Viewing situations in extremes.

By recognizing and challenging these patterns, you can reduce their impact and feel more in control.

Homework: Tracking Social Anxiety Triggers

Track situations where you notice social anxiety. For each situation, note:

- The situation itself.
- The automatic thoughts you had.
- Your feelings and physical reactions.
- How you responded.

Additionally, reflect on one positive moment each day.

Closing Thought

Social anxiety can feel overwhelming, but by breaking it down into manageable parts, you've already taken the first step toward change. Keep practicing, and remember that progress is built on small, consistent actions.