

SOCIAL ANXIETY IS A BULLY IN MY LIFE!

LESSON ONE

DIRECTIONS:

Social Anxiety likes to bully. Circle what areas your social anxiety impacts you. The first step in defeating social anxiety is knowing where it hurts you.

SOCIAL ANXIETY MAKES ME FEEL UNCOMFORTABLE WHEN...

- I talk to other peers.
- I talk to people in authority.
- I have to present in front of others.
- I have to go to a party/social event.
- I have to eat in front of others.
- I have to use a public bathroom.
- I have to talk on the phone.
- I have to order food at a restaurant.
- My friend talks to someone else.
- My friends make other friends.
- I have to read in front of others.
- I'm called on in class or at work.
- I have to make small talk.
- I have to carry on a conversation.
- I have to walk up to a group of people.
- I go to a party without friends.
- I have to work with a small group.
- I have to work with a large group.

I AVOID THESE THINGS BECAUSE OF SOCIAL ANXIETY...

- Parties
- Presentations
- People I don't know
- People I know
- Bathrooms
- Restaurants
- Movie theatres
- All social gatherings
- Social gatherings where I know no one
- Family gatherings
- Teams
- Classes after school or work
- Social media
- School or work cafeteria or lunchroom
- Stores
- Cashiers
- Waiters
- Phone calls or text messages