

My Social Anxiety/Worry Triggers

Social anxiety is worrying excessively in social situations about doing something embarrassing or about being judged or scrutinized negatively by others. There is an intense feeling of discomfort in social situations due to this constant fear and worry.

Below are some common triggers for social anxiety. It is normal to have some anxiety over many of the triggers listed below. However, with time and experience, many concerns will resolve.

Identify each trigger that is a concern for you in order to work on strategies that will help:

_____ Asking or answering questions in class in front of everyone.

_____ Attending gatherings like birthday parties.

_____ Talking to somebody you don't know.

_____ Talking on the phone.

_____ Coming into a class late.

_____ Eating in front of other people.

_____ Performing in public (*sports, music, games...*)

_____ Initiating or joining in a conversation.

_____ Working collaboratively in groups.

_____ Visiting public places where there are crowds.

_____ Homework

_____ Your athletic skills

_____ Family concerns

_____ Future concerns

_____ *Other:*

