

Strategies for the Common Social Anxiety Triggers

Time and experiences will help, here are a few strategies to get started:

Asking or answering questions in class in front of everyone:

1. start with a basic request 2. Ask a question in a small group. 3. Ask the question when you're close to the front to avoid having others look at you when you're asking the question.

Answering or asking questions in class:

1. Start small, ask in the privacy of the teacher. 2. Ask or initiated in a small group. 3. Start by asking vs. answering a question.

Attending gatherings like birthday parties:

1. Start by having a friend or two over. 2. Attend a small get together. 3. Attend for a portion.

Talking to somebody you don't know:

1. Rehearse – ask about a favorite pet, hobby. 2. Commit to asking 1 or 2 questions.

Talking on the phone:

1. Rehearse what you will say. 2. Make calls to familiar, friends/family first.

Coming into a class late:

1. Recognize, everyone is late at some point. 2. Come in quietly with positive thoughts.

Eating in front of other people:

1. Drink first. 2. Eat non messy type foods. 3. Eat smaller portions.

Performing in public (sports, music, games...):

1. Start small, invite a friend/family to watch you. 2 Perform with a friend.

Initiating or joining in a conversation:

1. Ask a question about the person. 2. Practice with family and friends first.

Working collaboratively in groups:

1. Start with friends and family. 2. Ask how you can contribute. 3. Offer to help.

Visiting public places where there are crowds:

1. start small, local stores. 2. go with a friend or family member 3. use positive self talk

***ALWAYS, start small, with a friend or 2.**

_____ Other: