

Social Anxiety Thought Record

Date: _____

Triggering event	Emotions and intensity (0-100)	Bodily sensations	Self-thoughts	What did I do? How long? How much?	Alternative realistic response	What is the result? What could I have done instead?
<p style="text-align: center;">What happened? Who was I with?</p>	<p style="text-align: center;">What was I feeling? To what extent?</p>	<p style="text-align: center;">How did my body react?</p>	<p style="text-align: center;">What initially crossed my mind? What did I think might happen? What did I think others were thinking/saying about me? What did it mean to me?</p>	<p style="text-align: center;">How did I cope? How did it impact my anxiety levels?</p>	<p style="text-align: center;">What would be a healthier more balanced response to the event?</p>	<p style="text-align: center;">How did my response work? If it didn't help, what can I do next time that would be more effective?</p>

