

Therapy Blueprint For Social Anxiety

A therapy blueprint is a space for you to reflect on how your difficulties developed, what kept them going, and what you learned during therapy. It can help you to plan how you are going to maintain the gains that you have made, review what warning signs you might need to remain aware of, and remember what you might find helpful should it feel like your difficulties are ever beginning to return.

The problems

When you started therapy:

- What situations did you find difficult, and how did they affect you?
- What were you self-conscious about?

What kept your social anxiety going?

Why did the anxiety not get better on its own?

What were you avoiding, and what safety behaviours were you using?

Knowledge and skills

What have you learned about social anxiety that has been helpful? How has therapy helped you to deal with your social anxiety?

What strategies or techniques did you use or learn? (e.g. changing my focus of attention, facing my fears, carrying out behavioural experiments).

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How I pay attention now

Consider some typical situations which used to trigger your social anxiety and compare how you paid attention before therapy and now.

Situation	How I paid attention <i>then</i>	How I pay attention <i>now</i>
What situations used to trigger your social anxiety?	Before therapy, what did you pay attention to when you were in situations like this?	What do you pay attention to when you are in situations like this now?

How I think differently now

Consider some typical situations which used to trigger strong feelings. Compare your thinking patterns before therapy and now: What did you think in those situations then? What do you think now?

Situation	How I thought <i>then</i>	How I think <i>now</i>
What situations used to trigger your social anxiety?	Before therapy, what kind of thoughts did you have in situations like this?	What do you think in these situations now?

How I do things differently now

Consider some typical situations which used to trigger your social anxiety and compare your behaviour before therapy and now.

Situation	How I responded <i>then</i>	How I respond <i>now</i>
What situations used to trigger your social anxiety?	Before therapy, how did you cope when confronted with situations like this?	What do you do in these kinds of situations now?

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How far I have come & my goals for the future

What have you achieved so far?

How are you going to build on your achievements?

Setbacks and obstacles

What could cause a setback and how would you deal with it?

What obstacles do you anticipate might be challenging?

What would you do if your difficulties came back in a way that meant you were struggling?

Message to my future self

If you could send a message to your future self (something you would not want to forget) what would it be?