Social Anxiety Formulation

Situation

Who were you with? Where were you? What were you doing?

Life experiences

What events earlier in your life are relevant to the current problem?

Negative thoughts & predictions

What was going through your mind?
What did you fear would happen?

Self-consciousness / Focusing on your self

Impression or image of your self

When you're feeling self-conscious, do you have an impression or image of how you are coming across to other people?

Detailed monitoring and observing of yourself

Safety behaviours

What did you do to manage how you came across to other people?
What did you do to prevent your fears from coming true?

Emotions & body sensations

What body sensations did you notice?
What did you think would be most noticeable to other people?

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