

Stages Of Social Anxiety

Before ● ○ ○

Anticipatory anxiety

The Problem

During ○ ● ○

Excessive self-focus / Effort to stay safe

After ○ ○ ●

Dwelling on what went wrong

Before ● ○ ○

Calming down

The Solution

During ○ ● ○

Notice what is actually happening

After ○ ○ ●

Focusing on what went well