



SOCIAL ANXIETY & WHAT TO DO INSTEAD

THE WORKSHEET

USE THIS 3-STEP PROCESS TO HIGHLIGHT
ONE SOCIAL HABIT YOU'D LIKE TO WORK ON

Social anxiety can be something some introverted people struggle with. This anxiety can negatively impact the quality of life we experience as it interferes with social connections.

As introverts, we still need connections with others, just not as much as extroverted people.

But when even the thought of reaching out to connect with someone **fills you with dread**, it's so much **easier to avoid**.

Or when we get an invite and we would like to go, we can still find ourselves **coming up with excuses** as we feel the anxiety grow.

So we isolate instead. **This works and it doesn't work**. It works in that **we no longer feel the anxiety**, and it doesn't work because **we are still isolated**.

Over time this starts to form **negative beliefs about ourselves**. It's likely to be something like: "**I'm not likeable**". We then have negative thoughts from this. It's likely something like: "**No one wants to be with me.**"

This leads to feeling **even more anxious** when we are around people. It's hard to be around people if we feel unlikeable so it makes sense that we are anxious when in a social situation.

This leads to **behaviour of avoidance**. And the cycle continues.

*The very good news is that **we can change this**. It takes work and it can change for the better.*

THE FOLLOWING STEPS ARE DESIGNED TO HELP YOU BEGIN TO CHANGE THESE PATTERNS



1

NOTICE YOUR BELIEFS

Our beliefs are deep in our subconscious so it takes a bit of work to notice them. A way to do this is to sit with something you have wanted to do in expanding your social contacts but just can't do yet. Imagine doing it and notice why you tell yourself that you can't do it.

Action Step: Write these thoughts down and see if you can write them out as a belief.

2

NOTICE YOUR BEHAVIOURS

With the same situation as above, take some time to sit with what you do instead of following through. For example, my behaviors tend to be simply forgetting that I made the plan, zoning out with social media scrolling, or putting something off until the very last minute. It's important to understand our process because we will be pulled back to this if we aren't aware of why we avoid being with others.

Action Step: Write down some of your avoiding behaviors.

3



CHOOSE ONE HABIT

Now is the time to decide what you want to do - but keep it small. If you pick a big goal it will be so much easier to talk yourself out of it.

Some suggestions are:

- Posting twice a week on social media
- Building up your network on LinkedIn
- Responding to others' posts twice a week

Notice that these goals are simple. When we plan to change our behaviour, it's important to keep it simple at first so success is more likely to happen. The more success we have, the bigger our goals can be.

Action Step:

- A) Write out a few SIMPLE action-oriented habits you may want to try.**
- B) Pick only the one that jumps out at you, or is the simplest. Then decide when and how often you commit to doing it.**
- C) Add it to your calendar as a reoccurring event to help keep you going.**

SOME THINGS TO KEEP IN MIND

Bring awareness to the fact that you are doing things differently.

Part of what helps these changes become permanent is letting yourself notice you are doing things differently. You might journal at the end of the day about this, or think about what you did while exercising or doing house work.

Practice, practice, practice

Our brain is wired to keep things the same, so in order for any change to be sustainable we need to keep doing it. Social anxiety can lessen and become so much more manageable and for this to happen you need to be willing to make some changes.