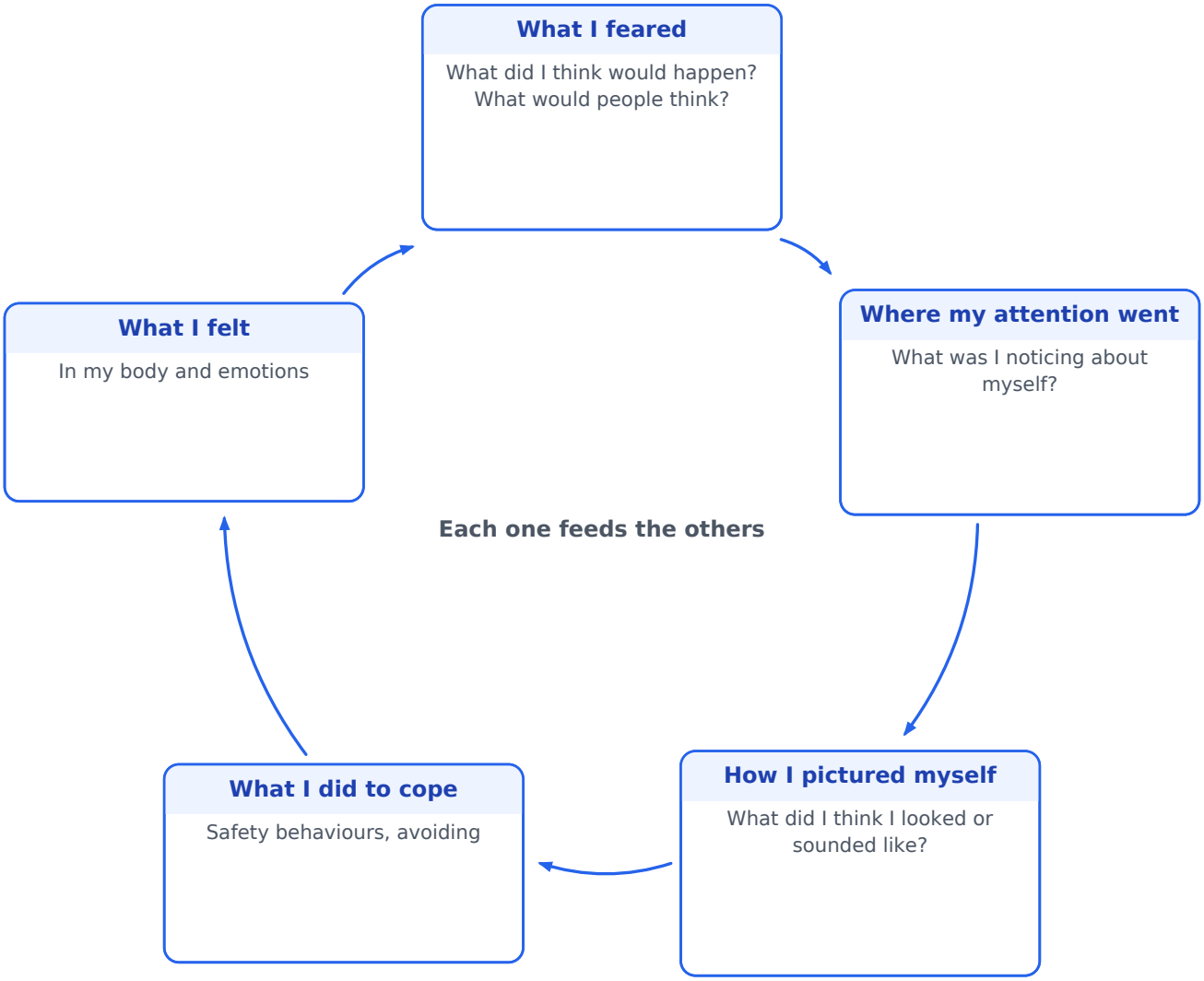
My social anxiety map

Map a recent situation where you felt anxious around people.

Name _____ Date _____

The situation



What did I notice about the other people? (If the answer is "not much", that is useful to know.)

What did I tell myself afterwards? Was it a fair account?

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