How I think I look, and how I look

Compare the picture in your head with the evidence.

Name _____ Date _____

In social anxiety, the picture you have of yourself is built from feelings, not from what others see. This experiment checks the picture. Record yourself (a short talk to camera, or a conversation with my help in session), then follow the steps.

Before watching

How do I think I came across? Describe what I expect to see.

What I expect to see	How strong (0 to 10)
Shaking hands	*8*

Watching

Watch as if it were a stranger. Look at the whole person, not just the feared signs. Then rate what is actually visible.

What I expected	What I actually saw (0 to 10)

What else did I notice about this person?

What does this tell me about the picture I carry in my head?

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