My rules about social situations

The hidden standards you hold yourself to with other people.

Name _____ Date _____

Many people with social anxiety hold very high standards for how they must come across. Tick any that feel familiar.

- [ ] I must always have something interesting to say
- [ ] I must never look anxious
- [ ] If I blush, people will think I am weak
- [ ] If there is a silence, it is my fault
- [ ] If someone disagrees with me, they dislike me
- [ ] If I make a mistake, people will remember it
- [ ] I must be liked by everyone
- [ ] If people really knew me, they would not like me

My strongest rule

Do I expect this of other people?

What do I think when someone else is quiet, blushes or stumbles?

Where did I learn this rule?

A fairer version I could live by

One way to test the new version this week

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