Safety behaviours in social situations

The small things you do to get through, and what they cost.

Name _____ Date _____

Tick what you do. Most people are surprised by how many there are.

To avoid attention

- [ ] Stay quiet or say very little
- [ ] Stand at the edge of the group
- [ ] Avoid eye contact
- [ ] Keep my head down or look at my phone
- [ ] Let others do the talking
- [ ] Leave early or arrive late

To control how I come across

- [ ] Rehearse sentences before I say them
- [ ] Check afterwards that I said it right
- [ ] Speak quickly to get it over with
- [ ] Plan topics and questions in advance
- [ ] Agree with everyone
- [ ] Try to be funny or interesting all the time

To hide signs of anxiety

- [ ] Wear make-up or clothes to hide blushing or sweat
- [ ] Grip a glass or keep hands in pockets
- [ ] Keep my arms close to my body
- [ ] Hold on to something
- [ ] Use alcohol to loosen up
- [ ] Sit down or lean on something

My main safety behaviours	What I fear would happen without it	How it might backfire
Rehearsing what to say	*I would dry up and look stupid*	*I miss what is being said and seem distracted*

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