Before, during and after

One social situation, looked at in three parts.

Name _____ Date _____

The situation

Before

What I predicted would happen

What I did to prepare or avoid

Anxiety beforehand

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

None — Extreme

During

Where my attention was

On myself, on the task, on other people?

Safety behaviours I used

Anxiety at its highest

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

None — Extreme

After

What my mind said afterwards

The replay

What actually happened, as a bystander would describe it

What I would like to try differently next time

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