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Social Anxiety Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Introduction

Social anxiety is the experience of fear of interacting with others, being observed by others, and performing in front of others.

Socially anxious people worry about what might happen. They may fear that they will say or do something embarrassing, show symptoms of anxiety (e.g., blushing, trembling, sweating, etc.), or be scrutinized and judged critically by others.

The feared outcome will vary from one socially anxious person to another. The intensity of social anxiety and the range of feared social situations also vary a lot from person to person.

When social fears begin to interfere significantly in one's life, then the person may be struggling with social anxiety disorder.

In the space below, record the ways in which social anxiety has affected your personal and professional life:

Do I Have Social Anxiety Disorder?

Social anxiety disorder (SAD), also known as social phobia, has five main diagnostic criteria according to the Diagnostic and Statistical Manual of Mental Disorders DSM-5.

Read through the diagnostic criteria and check the ones that describe you:

- ☐ Marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others. Examples include social interactions (e.g., having a conversation, meeting unfamiliar people), being observed (e.g., eating or drinking), and performing in front of others (e.g., giving a speech).
- ☐ The individual fears that he or she will act in a way or show anxiety symptoms that will be negatively evaluated (i.e., will be humiliating or embarrassing; will lead to rejection or offend others).
- ☐ The social situations almost always provoke fear or anxiety. Note: In children, the fear or anxiety may be expressed by crying, tantrums, freezing, clinging, shrinking, or failing to speak in social situations.
- ☐ The social situations are avoided or endured with intense fear or anxiety.
- ☐ The fear or anxiety is out of proportion to the actual threat posed by the social situation and to the sociocultural context.

Note: whether you fit the criteria of social anxiety disorder diagnosis or not, the exercises in these worksheets will help reduce your social anxiety.

Situations That Trigger Your Social Anxiety

Use the following suggestions to identify situations that trigger your social anxiety:

Situations Involving Social Interaction

When your social anxiety is triggered during a conversation, with whom are you speaking? Check (✓) all that apply to you:

- ☐ Family members
- ☐ Friends
- ☐ Acquaintances
- ☐ Neighbors
- ☐ Coworkers
- ☐ Strangers
- ☐ Romantic partner, spouse, or date
- ☐ Authority figure (for example, boss, professor, doctor, police officer)
- ☐ Salesperson
- ☐ One person
- ☐ Group of people
- ☐ Other: _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

When your social anxiety is triggered, what are you doing in the conversation? Check (✓) all that apply to you:

- ☐ Asking for assistance
- ☐ Asking someone on a date
- ☐ Beginning a conversation
- ☐ Keeping a conversation going
- ☐ Ending a conversation
- ☐ Engaging in small talk
- ☐ Expressing an opinion or disagreement
- ☐ Asking someone to change his or her behavior
- ☐ Sharing information about yourself
- ☐ Speaking on the phone
- ☐ Other: _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Being Observed by Others

Check (✓) all of the situations (if any) that trigger your social anxiety:

- ☐ Dancing in front of others
- ☐ Exercising in front of others
- ☐ Driving (observed by your passengers or people in other vehicles)
- ☐ Eating or drinking in front of others
- ☐ Serving food or drinks
- ☐ Taking public transportation
- ☐ Using a crowded elevator
- ☐ Using a public restroom when others are nearby
- ☐ Waiting in line
- ☐ Walking in public (e.g., through a shopping mall or down a busy street)
- ☐ Walking into a crowded room
- ☐ Working in front of others
- ☐ Other: _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Performing in Front of Others

Check (✓) all of the situations (if any) that trigger your social anxiety:

- ☐ Acting
- ☐ Asking a question in a class
- ☐ Being interviewed for a job
- ☐ Introducing yourself to a group
- ☐ Performing a dance
- ☐ Playing a musical instrument
- ☐ Playing a sport
- ☐ Public speaking
- ☐ Singing in front of people
- ☐ Speaking up at a meeting
- ☐ Taking a test
- ☐ Other: _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Consider your responses so far and write down your top three feared social situations that are most problematic for you in your life:

1. _____

2. _____

3. _____

Safety Mode

When you attempt to protect yourself from feared outcomes – in the context of social anxiety, called “social dangers,” (such as embarrassing yourself, showing anxiety symptoms, or coming up short in the eyes of others) you are operating in safety mode.

For example, you may stay close to a “safe” friend at a party and find yourself hiding in the restroom when your friend wanders off.

Although safety mode can seem like an ideal way to avoid social danger, it’s actually reinforcing the belief that you’re in danger, which then intensifies your social anxiety.

Safety Behaviors

Check (✓) all of the safety behaviors (if any) that you tend to use to protect yourself from social danger:

- ☐ Outright avoidance
- ☐ Acting “as if” you were someone else
- ☐ Always agreeing with others
- ☐ Arriving early to meetings and classes
- ☐ avoiding “awkward” pauses
- ☐ Carefully choosing your seat so you won’t be noticed
- ☐ Checking your smartphone
- ☐ Choosing food that isn’t messy in restaurants
- ☐ Engaging in other helping activities to avoid conversations
- ☐ Going with a “safe” friend
- ☐ Having a few drinks at social events to “calm your nerves”

- ☐ Holding a glass tightly to hide shaky hands
- ☐ Keeping attention off yourself by asking lots of questions of others,
- ☐ Keeping speeches short
- ☐ Keeping your eyes down
- ☐ Listening to music when in public
- ☐ Nodding and smiling
- ☐ Ordering what others have ordered
- ☐ Positioning yourself so as not to be noticed
- ☐ Reading a book
- ☐ Rehearsing what you're going to say
- ☐ Saying as little as possible
- ☐ Speaking quickly
- ☐ Speaking softly to hide shaky voice
- ☐ Talking to "safe" people
- ☐ Wearing clothing to hide sweating
- ☐ Wearing makeup to hide blushing
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

The Costs of Pursuing Safety Mode

The Cost of Outright Avoidance

Outright avoidance can appear to be a foolproof way not to experience social anxiety. However, this approach can lead to a different, more serious type of danger: the danger of a life not lived.

Each situation you avoid, you miss out on an opportunity. Your life becomes so small that it hardly seems worth living anymore.

What situations have you been avoiding and what have been the costs of this avoidance in your life?

Avoided Situations	Cost of Avoidance
e.g., going to the gym.	I'm out of shape and I feel bad about my body image.

The Cost of Other Types of Safety Behaviors

The costs of using safety behaviors other than outright avoidance are typically not as dramatic. After all, at least you made it through the situation.

However, there are still things you give up for safety, and time and effort that go into pursuing safety.

For each safety behavior you identified earlier, write down any costs of using the behavior.

Safety Behavior	Cost of Using Safety Behavior
e.g., Asking the other person questions to keep the focus off myself.	People tell me I'm hard to get to know.

Examining Your Reaction To Anxiety

Think back to a social situation that triggered your anxiety. Allow yourself to re-experience it in your mind and notice what emotions or thoughts come up.

1. What aspects were you paying attention to? Did you focus on the social danger that may be lurking in the situation (e.g., risk of embarrassing yourself or making a bad impression)? Did you focus on visible signs of your anxiety (e.g., blushing, sweating, trembling)?

2. Did that make your anxiety weaker or more intense?

3. Do you typically tend to resist your anxious feelings (e.g., trying to control them or push them away) or are you okay with your anxious feelings, willing to fully experience them?

Note: Anxiety is an emotion that consists of the feeling of fear and the physical sensations that go along with it, such as palpitations, chest tightness, and muscle tension.

4. What anxious thoughts do you tend to experience? The following are some common anxious thoughts. Check the ones you relate to and add ones of your own:

- ☐ “Cover your face”
- ☐ “Don’t say anything stupid”
- ☐ “I’m an idiot.”
- ☐ “I’m going to die of a heart attack.”
- ☐ “I’m going to go crazy if I can’t stop feeling so anxious.”
- ☐ “Keep nodding”
- ☐ “People are going to laugh at me if I mess up during the presentation.”
- ☐ “Things are not going to work out.”
- ☐ “What if I can’t do it?”
- ☐ “You’re blushing”
- ☐ _____
- ☐ _____
- ☐ _____

Socially anxious people often report that the more they focus on themselves and controlling their anxious feelings, the more their anxiety intensifies and the more they feel the urge to use safety behaviors.

Acceptance of Bodily Sensations

Acceptance here is defined as opening up to and allowing your experience to be exactly as it is, without trying to avoid it, judge it as right or wrong, or change it.

When you're in a state of acceptance, you're simply noticing and observing things: feelings, bodily sensations, thoughts, sights, sounds, etc.

The following are some common physical sensations of anxiety most socially anxious people experience. Check the ones you struggle with most and add ones of your own:

- ☐ Shortness of breath,
- ☐ Blushing,
- ☐ Muscle tension,
- ☐ Sweating,
- ☐ Dizziness or lightheadedness,
- ☐ Stomach upset,
- ☐ Trembling,
- ☐ Blurry vision,
- ☐ Shaky voice,
- ☐ Tearfulness,
- ☐ Dry mouth,
- ☐ Palpitations,
- ☐ Headaches, and
- ☐ Frequent urination or diarrhea.
- ☐ _____
- ☐ _____

Focusing on and trying to control your anxiety will only intensify it. A more effective alternative is to accept it and let go of your struggle with physical sensations of anxiety.

Exercise 1. Body Scan

The goal here is to bring mindful awareness to sensations in the body without trying to change the way you are feeling.

Instructions:

1. Make yourself comfortable in a place where you won't be disturbed.
2. Close your eyes or keep your gaze lowered.
3. To begin, become aware of your breathing. Without trying to manipulate your breath in any way, notice the rise and fall of your abdomen.
4. On the next exhale, move your awareness down your body to the feet. Notice whatever sensations are present. Notice any warmth, coolness, itching, tingling, etc.
5. Then move your awareness to the lower legs. Stay open to whatever sensations you find there. And if there are no sensations, that is just fine.
6. Then bring your awareness to the thighs and notice any sensations there before you move on to the pelvic region, lower back, abdomen, chest, neck, arms, and finally your face. Take as long as you need to scan each body part.

What was your experience of the body scan? Was it relaxing? Did you experience any uncomfortable feelings?

Exercise 2. Bringing On Physical Sensations of Anxiety

The best way to practice acceptance of your physical sensations of anxiety is to deliberately feel them.

The following are suggested actions to help you bring on anxiety-related bodily sensations:

Physical Sensations of Anxiety	Suggested actions
Sweating	Put on heavy clothes, turn up the temperature in your home, sit in a sauna, or work out.
Blushing	Imagine a situation that will bring on blushing, or use some of the previous suggestions for sweating if your face turns red when it's warm.
Palpitations	Run in place, step up and down on stairs, or do some other exercise until you notice your heart racing.
Muscle Tension	Hold a push-up position or tense all your muscles.

Dry Mouth	Put absorbent material in your mouth to soak up saliva.
Trembling	Hold a push-up or balance on one leg until you start to tremble.
Blurry Vision	Stare at a light for one minute and then read a paragraph.
Shortness of Breath	Breathe through a straw with your nose plugged for one or two minutes.
Dizziness	Spin in a chair for about one minute or shake your head back and forth for thirty seconds.

Note: if you have a health condition (e.g., heart disease, low or high blood pressure, asthma, pain condition, etc.) or you are pregnant, you may want to check with your doctor before trying any of the above actions.

For each one of your bodily sensations of anxiety you bring on, write down your observations (feelings and thoughts you had while sitting down with the physical sensations):

Physical Sensation of Anxiety	Observations

--	--

What was your experience of bringing on physical sensations of anxiety?
Were you able to willingly experience them?

Defusing from Your Anxious Thoughts

We often take our thoughts literally (as facts) and fuse with them. This causes us to feel like we have no choice but to act on those thoughts.

When we are defused from our thoughts, we are able to see them for what they are: words and images in our mind. This reduces their power and gives us freedom to choose how to respond.

Types of Anxious Thinking

1. Fortune-Telling

This is when you predict what will happen, usually something negative.

E.g., “I will have a panic attack,” or, “They’ll think I’m inadequate.”

2. Mind Reading

This is when you make assumptions about what others are thinking about you, usually something judgmental.

E.g., “He must think I’m boring.”

3. “Shoulding”

This is when you use statements that include the word “should.”

E.g., “I should be perfect,” or, “I shouldn’t sound anxious.”

4. Ruminating

This is when you rehash or ruminate about what you think happened or should have happened in a social situation.

E.g., “I really screwed up the interview. What an idiot! I should have prepared more.”

5. The Spotlight Effect

This is self-conscious thinking where you believe that you’re the center of attention and that everyone is watching (and judging) you.

6. Labeling

This is when you give yourself a label, or name, as though a single word can describe you completely.

E.g., “I am an imposter,” or, “I am someone who always says the wrong thing. »

Start by tracking your anxious thoughts that typically show up in your top three feared social situations (which you identified previously):

Feared Social Situation	Anxious Thoughts	Type of Anxious Thinking

Challenging Your Anxious Thoughts

For each type of anxious thinking try answering the following questions:

1. Fortune-Telling

Anxious thought_____

How many times, in the past, have you been wrong about what you thought was going to happen?

2. Mind Reading

Anxious thought_____

Do you think other people always know what you're thinking?

3. "Shoulding"

Anxious thought_____

What is the cost of thinking this way?

4. Ruminating

Anxious thought_____

What is the cost of thinking this way?

5. The Spotlight Effect

Anxious thought_____

What is the evidence that this thought is true?

6. Labeling

Anxious thought_____

What is some evidence that you are engaging in behaviors that are not consistent with this label?

Defusing from Your Anxious Thoughts

Strategy 1. “I Am Having the Thought That...”

You defuse from your anxious thoughts when you create a space between you and your thoughts. This could be done by simply acknowledging that you’re having a thought.

Go back to the anxious thoughts you identified above and try adding “I am having the thought that” before each one. Do you notice any differences?

E.g., “They’ll think I’m incompetent,” becomes, “I am having the thought that they’ll think I’m incompetent.”

I am having the thought that _____

I am having the thought that _____

I am having the thought that _____

Notes: _____

Strategy 2. Naming What the Mind Is Doing

This is when you name the type of thinking that your mind is engaged in.

E.g., “I’m engaged in ruminating right now.”

Strategy 3. Thanking the Mind

As inconvenient as our anxious thoughts are, they are actually the mind's attempt at keeping you safe and away from danger.

A popular defusion strategy is to thank the mind for thoughts. This creates space between you and your anxious thoughts.

E.g., "Thank you, mind, for the thought that I'm going to say the wrong thing."

Getting Clear on What Matters

Identifying Your Values and Goals

A great way to describe values and goals is to use the compass metaphor (Hayes 2005): values are like the directions of a compass (east, west, north, and south) that guide you, and goals are like the destinations you reach or pass by along the way.

In this sense values are your life directions, and goals are your life destinations.

Identify Your Values

1. Imagine for a few minutes that when you wake up tomorrow, your social anxiety is gone. How would that feel like? What would you do differently in your life? How would your personal and professional life change? What interests or projects would you start?

[illegible]

3. Look closely at your fears, worries, and vulnerabilities. What underlying values could you have?

My fears, worries, and vulnerabilities	The underlying value
e.g., fear of rejection	A need to belong and connect.

Identify Your Goals

Refer to the values you just identified to identify your goals by (1) identifying life areas to focus on, and (2) choosing specific short-term and long-term goals within those life areas.

Example:

Life Area: Career

Long-term goals: Find a new job

Short-term goals: Apply to new jobs, polish my resume, practice interviews in front of the mirror

Life Area _____

Long-term goals _____

Short-term goals _____

Life Area _____

Long-term goals _____

Short-term goals _____

*Life Area*_____

*Long-term goals*_____

*Short-term goals*_____

*Life Area*_____

*Long-term goals*_____

*Short-term goals*_____

Imaginative Exposure

While avoidance intensifies fear, taking action and exposing yourself to social situations will help you realize that the danger is not real but perceived and thus reduce your social anxiety.

Exposure should be gradual and it's best to start with imaginative exposure: this is where you practice being in social situations in your imagination.

Exercise: Imaginative Exposure

Refer to the goals you just identified and choose the one that is least anxiety-provoking to practice in your mind.

Instructions

1. Start by making yourself comfortable on a chair or lying down and gently close your eyes.
2. Imagine a social situation or an action you want to take. Make sure the situation does not provoke intense anxiety and that the discomfort is manageable.
3. Imagine as many details of the situation as necessary to bring it to life in your imagination.
4. Get clear on why this is important and what you want to accomplish with your actions.
5. Become aware of your bodily symptoms of anxiety without trying to control or change anything. Notice your breathing, your heartbeat, any muscle tension, and so on.

6. As you continue to take action in your imagined situation, observe any feelings or thoughts (e.g., worries, evaluations, mind reading, etc.) or urges to use safety behaviors you may experience and allow them to come and go without judgment. Simply acknowledge any internal experiences and let go of the need to act on them.

7. When you are ready, let go of the imagined situation with its accompanying feelings, thoughts, and urges, and focus on your breath for a few moments before slowly opening your eyes.

What was your experience of the exercise?

Exposure

This is when you take action on your short-term goals in real life.

Start with your least anxiety-provoking goal and write down steps you can take to achieve that goal.

As you carry out the steps, resist the urge to use safety behaviors and use strategies for remaining “in the present moment,” (e.g., “making eye contact,” or “staying focused on the conversation.”)

Also, notice any internal experiences (bodily symptoms of anxiety, feelings, thoughts) and allow yourself to experience them without judgment and without trying to change them or control them by using defusing strategies (e.g., “I Am Having the Thought That...” or, Thanking the Mind)

Note: Along with imaginative exposure, you may want to use the help of a trusted family member or friend to role-play a certain situation before you actually do it in real life (e.g., practice an interview for a job with a friend)

Short-Term Goal _____

Action Steps

Strategies For Remaining Present

Defusing Strategies

List of Values

Acceptance	Dignity	Innovation	Reverence
Achievement	Discipline	Inspiring	Rigor
Accountability	Discovery	Integrity	Risk
Adaptability	Drive	Intelligence	Satisfaction
Alertness	Effectiveness	Intensity	Security
Altruism	Efficiency	Intuitive	Self-reliance
Ambition	Empathy	Irreverent	Selfless
Amusement	Empower	Joy	Service
Assertiveness	Endurance	Justice	Sharing
Attentive	Energy	Kindness	Significance
Awareness	Enjoyment	Knowledge	Silence
Balance	Enthusiasm	Lawful	Simplicity
Beauty	Equality	Leadership	Sincerity
Boldness	Ethical	Learning	Skill
Bravery	Excellence	Liberty	Smart
Brilliance	Experience	Logic	Solitude
Calm	Exploration	Love	Spirituality
Certainty	Expressive	Loyalty	Spontaneous
Challenge	Fairness	Mastery	Stability
Charity	Family	Maturity	Status
Cleanliness	Famous	Meaning	Stewardship
Clever	Fearless	Moderation	Strength
Commitment	Feelings	Motivation	Structure
Communication	Focus	Openness	Success
Community	Freedom	Optimism	Support
Compassion	Friendship	Order	Surprise
Competence	Fun	Organization	Sustainability
Concentration	Generosity	Originality	Talent
Confidence	Genius	Passion	Teamwork

Connection	Giving	Patience	Thoughtful
Consciousness	Goodness	Peace	Timeliness
Contentment	Grace	Persistence	Tolerance
Contribution	Gratitude	Playfulness	Toughness
Control	Greatness	Potential	Traditional
Conviction	Growth	Power	Tranquility
Cooperation	Happiness	Productivity	Trust
Courage	Hard work	Professionalism	Truth
Courtesy	Harmony	Prosperity	Understanding
Creation	Health	Purpose	Unity
Creativity	Honesty	Quality	Victory
Credibility	Honor	Realistic	Vigor
Curiosity	Hope	Recognition	Vision
Decisiveness	Humility	Recreation	Vitality
Dedication	Imagination	Reflective	Wealth
Dependability	Improvement	Respect	Winning
Determination	Independence	Responsibility	Wisdom
Devotion	Individuality	Results-oriented	Wonder

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Social anxiety disorder (social phobia) · recognized diagnosis
- ICD-11 CDDR: 6B04 Social anxiety disorder · recognized anxiety or fear-related disorder
- A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 14, 16, 19, 20, 21, 23, 28, 29, 34, 35, 36. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Confirm persistent fear/avoidance and impairment; assess substances/medications and medical conditions, autism, avoidant personality traits, body dysmorphic concerns, panic/agoraphobia, depression, trauma, and culturally realistic threat.

Document-specific corrections

- Use social anxiety disorder only when persistent fear/avoidance and clinically significant impairment are established.
- Differentiate anxiety from autism, avoidant personality traits, depression, body dysmorphic concerns, trauma, panic/agoraphobia, and realistic discrimination or harassment.
- Revise ·safety mode· exercises so accommodations and identity-protective behaviors are not automatically classified as pathology.
- Keep imaginal/in-vivo exposure values-led, graded, consent-based, and free of coerced disclosure.

Measures, scoring, and permissions

- Pages [10]: identify each measure and rights holder; verify intended population, reliability/validity, scoring and cutoffs, reproduction permission, and current license. If these are author-created items, label them informal, remove diagnostic cutoffs, and do not claim validation.

Intervention scope and contraindications

- Pages [1, 2, 3, 12, 14, 16, 23, 28, 34, 36]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.
- Exposure work should be formulation-driven, collaborative, graded, and designed to reduce avoidance and unhelpful safety behavior-not delivered as forced flooding. Screen medical and trauma-related explanations when relevant.

Crisis and current resources

- NICE social anxiety disorder guideline.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.nice.org.uk/guidance/cg159>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>
- <https://www.nice.org.uk/guidance/cg113/chapter/recommendations>