

Spot the Thought for Social Anxiety

Anxious situation:

What am I afraid of?

What would this mean about me, or about what others would think of me?

What is the worst that could happen if this were true?

Monkey Miscalculations:

- Mind reading (guessing what others are thinking or will think)
- Catastrophizing (assuming the worst possible outcome)
- Perfectionism (setting a standard for yourself that you would not set for someone else)
- Labeling (putting a negative name on yourself)
- Intolerance of uncertainty (inability to accept risk)