

# Social Anxiety Monitoring Log

This log helps identify patterns in social anxiety, including triggers, thoughts, physical symptoms, avoidance behaviors, and coping responses.

## Instructions

Complete one entry for each social situation that caused anxiety, discomfort, embarrassment, or avoidance. Fill it out soon after the event when possible.

**Anxiety Scale:** 0 = no anxiety | 100 = extreme panic/distress

Date & Time	Situation / Trigger	Who Was Involved?	Fear / Prediction	Before	Physical Symptoms	Automatic Thoughts	Behaviors / Avoidance	During	After	What Actually Happened?	Coping Skills Used	What Did I Learn?

## Optional Symptom Checklist

- Rapid heartbeat
- Sweating
- Trembling/shaking
- Blushing
- Muscle tension
- Nausea/upset stomach
- Shortness of breath
- Dry mouth
- Dizziness
- Mind going blank
- Trouble making eye contact
- Urge to leave or escape

## Common Cognitive Distortions to Notice

- Mind reading (“They think I’m awkward.”)
- Catastrophizing (“This will be humiliating.”)
- Fortune telling (“I’ll definitely embarrass myself.”)
- Personalization
- Perfectionism
- Overestimating negative evaluation
- Underestimating coping ability

## Weekly Reflection Questions

- 1 Which situations triggered the most anxiety this week?
- 2 What fears showed up repeatedly?
- 3 Did the outcome match the feared prediction?
- 4 What avoidance behaviors did I use?
- 5 Which coping strategies helped most?
- 6 What social situations felt slightly easier over time?
- 7 What is one exposure goal for next week?

## Example Entry

Date & Time	Situation / Trigger	Who Was Involved?	Fear / Prediction	Before	Physical Symptoms	Automatic Thoughts	Behaviors / Avoidance	During	After	What Actually Happened?	Coping Skills Used	What Did I Learn?
5/26, 2 PM	Speaking during staff meeting	Coworkers, supervisor	“I’ll sound stupid.”	75	Sweating, shaky voice	“Everyone will judge me.”	Avoided eye contact, spoke quickly	80	40	People listened normally; no criticism	Slow breathing, stayed in meeting	Anxiety decreased after staying engaged