

## Journal Prompts For Social Anxiety

1. What situations trigger your social anxiety? How do you typically react to these situations?

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2. How does your body physically respond when you feel anxious in social situations?

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3. How has social anxiety impacted your relationships with others? Have you lost any friendships or missed out on opportunities because of it?

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4. How do your past experiences influence your current social anxiety?

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5. What fears do you have about socializing and interacting with others?

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6. Identify negative self-talk patterns that contribute to your social anxiety. How can you reframe these thoughts into more positive and realistic ones?

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7. What assumptions do you make about others that contribute to your social anxiety?

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8. Reflect on a time when you successfully managed your social anxiety. What strategies did you use?

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9. Write about a social situation that you fear and brainstorm strategies for coping with it.

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10. What goals do you have for yourself in overcoming or managing your social anxiety?

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11. What can you do to prepare yourself before entering a potentially anxiety-provoking social situation?

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12. How can you work on building your self-confidence in social situations?

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13. Write a letter to someone explaining your social anxiety and how they can support you in social situations.

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14. Reflect on the benefits of seeking professional help for social anxiety. What fears or barriers might be preventing you from seeking treatment?

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15. What self-care practices can you implement to help manage my social anxiety?

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16. How can you practice self-compassion while dealing with your social anxiety? The following are some examples:

- "It's okay to feel anxious in social situations. I'm not alone in feeling this way."
- "I'm doing the best I can and that's enough."
- "It's normal to make mistakes and have awkward moments. I don't have to be perfect."
- "I deserve to take breaks when I feel overwhelmed."
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17. Write a list of affirmations to help you cope with social anxiety. The following are some examples:

- I am capable of overcoming my social anxiety.
- My confidence in myself is growing with each passing day.
- I am free from the burden of caring about others' opinions.
- I am comfortable being myself in any social situation.
- I release all fear and anxiety related to social interactions.
- I have the power to create positive and meaningful connections with others.
- I am grateful for every opportunity to connect with new people.
- I trust in myself and my ability to navigate social situations with ease and grace.
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