

Social Anxiety Thought Record

Situation	Feeling/Emotion	Negative Automatic Thought	Self-focused attention and self-image	Safety Behaviours and Avoidance	Alternative, balanced Thought	Alternative Behaviours
Where were you? What happened?	What did you feel?	What thoughts or images went through your mind?	What evidence is there that supports the negative thought?	What evidence is there that doesn't support the negative thought?	Weighing up the evidence, is there a different, more balanced thought?	How do you feel when you consider the more balanced thought?