

## Common Socially Anxious Thinking Traps

Thinking Trap	Explanation	Examples of Common Thoughts
<b>Perfectionistic expectations</b>	Unrealistically high expectations about how one must perform in social, academic, athletic, or other situations	<ul style="list-style-type: none"> <li>• "If I make a mistake, I'll make a fool out of myself."</li> <li>• "I have to do everything right or others will think I'm stupid."</li> </ul>
<b>Rigid social rules</b>	Unspoken rules about social interaction that support avoiding the interactions	<ul style="list-style-type: none"> <li>• "I can't say hi to her when she is with her other friends."</li> <li>• "I can't text him until we've talked more in school."</li> <li>• "I can't ask to join their lunch table in the middle of the school year."</li> </ul>
<b>Excessive personal responsibility</b>	Assuming personal blame if something doesn't go right and ignoring any external possibilities	<ul style="list-style-type: none"> <li>• "I must have done something to upset him."</li> <li>• "She's probably mad at me."</li> <li>• "He probably doesn't want to be my friend anymore because I'm a loser."</li> <li>• "I shouldn't have missed that goal. I made our whole team lose."</li> <li>• "If she doesn't have fun, it's my fault because I'm boring."</li> </ul>
<b>Overestimation</b>	Overestimating the probability of negative outcomes; assuming negative outcomes are the rule rather than the exception	<ul style="list-style-type: none"> <li>• "I'm sure that my mind will go blank and I won't know what to say."</li> <li>• "I'll probably trip in front of everyone."</li> <li>• "If I invite her to hang out, I just know that she'll say no."</li> </ul>
<b>Catastrophizing</b>	Small mistakes are blown out of proportion and feel like the end of the world; the potential consequences of something going wrong are exaggerated	<ul style="list-style-type: none"> <li>• "I'll never live this down."</li> <li>• "Everyone will think I'm dumb."</li> <li>• "No one will want to be my friend anymore."</li> <li>• "I'll be the laughing-stock of the whole school."</li> <li>• "Everyone will know that I messed up."</li> </ul>

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