

Common Socially Anxious Thoughts and Worries

Below is a list of common socially anxious thoughts and worries. Read the list and mentally (or physically) check off which thoughts you often experience. Does this sound like you?

. . . In the Classroom

- "If I volunteer in class, I'll probably give the wrong answer and look stupid."
- "If I ask the teacher a question, he will think I'm stupid or that I haven't been doing the work."
- "If I make a mistake during my presentation, I'll make a fool out of myself."
- "I have to do everything right or others will think I'm stupid."
- "If I give my opinion during the class discussion, everyone will think that what I say is weird or dumb."

. . . With Friends or Acquaintances

- "I have no friends" or "No one will want to be my friend anymore."
- "If I try to talk to her, I will say something stupid, weird, or boring."
- "I can't talk to him because I will just run out of things to say."
- "If I go to the party/out with a large group, I won't have anyone to talk to."
- "If I invite someone to hang out, she will say no."
- "He only agreed to hang out with me because he feels sorry for me."
- "If I invite her to hang out, she won't have fun or won't want to hang out ever again."
- "If I invite him over, he will think I'm a loser and have no other friends."
- "I can't say hi to her when she is with her other friends."
- "I can't text him until we've talked more in school."
- "I can't ask to join their lunch table in the middle of the school year."
- "She will probably think I'm annoying and bothering her."
- "He probably doesn't want to be my friend anymore because I'm a loser."
- "If she doesn't have fun, it's my fault because I'm boring."
- "I'll probably trip in front of everyone and never live it down."
- "I'll be the laughingstock of the whole school."
- "Everyone will know that I messed up."