

**SOCIAL
ANXIETY TO
SOCIAL
BUTTERFLY**

IN 90 DAYS

WORKSHEET



Minimizing your social anxiety and enhancing your social life can affect your life in many positive ways...



WORKSHEET

ANSWER THESE QUESTIONS TO GAIN A BETTER PERSPECTIVE OF YOUR SITUATION

1. Which social situations would I like to address first?

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2. What are a few ways in which I could include mindfulness in my life?

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3. With whom could I reconnect today?

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WORKSHEET

4. How can I approach the area of my social life that I'd most like to enhance?
What are the small steps I can take to address my fear in that situation?

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5. How can I remind myself to stand tall, smile, and look people in the eye?

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6. Who would I invite to my first party?

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7. How would my life change if I were free from social anxiety?

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