# Social Anxiety: My Maintaining Pattern

Who this is for: Adults exploring social anxiety with a CBT therapist.

What this helps with: Recognise self-focused attention; identify responses that may obscure useful information.

Why this works: Monitoring how you seem to others can make an anxious impression feel like a fact. Protective responses may disrupt an interaction or make its outcome hard to interpret. Explore whether this happens for you.

How to use: 1. Choose one interaction together. 2. Record the four parts below. 3. Check the links and agree a focus; revise the map as you learn.

## Guided example (fictional)

1. Team discussion; expected to contribute.

2. 'I look confused.' Pictured myself frozen; felt hot.

3. Monitored my face and silently rehearsed each sentence.

4. Spoke less; missed parts of the discussion. Explore attention and rehearsal.

## Your turn - one example, brief notes

### 1. Social situation and expectation

What was happening? What rule or expectation felt important?

### 2. Feared impression and feelings

How did you imagine appearing? What did you notice in your body?

### 3. Attention and safety responses

What did you monitor? What did you do to prevent judgement?

### 4. Effects and next question

What happened in the interaction or in later reviewing? What needs testing?

Reflection: What was observed, and what was imagined? What information did self-monitoring make harder to notice? Which link should we explore together?

Optional next step: Notice one similar pattern elsewhere; brief notes are enough.

Support note: Include actual criticism, discrimination and access needs. Do not remove helpful communication or sensory support. Agree any changes with your therapist.

Model: Clark and Wells' cognitive model of social anxiety. Original wording and layout; not a validated treatment programme.

Research: Clark et al. (2006), Cognitive therapy versus exposure and applied relaxation in social phobia. JCCP, 74, 568-578. DOI: 10.1037/0022-006X.74.3.568

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