

COGNITIVE RESTRUCTURING

A Therapeutic Approach
to Social Anxiety

- 1) Everyone is going to stare at me. 80%
- 2) I'm going to embarrassing myself. 95%
- 3) I don't know what to say. 75%
- 4) I'll say something stupid. 80%

Feelings

Anxiety – 100%

Apprehensive – 60%

Embarrassed – 50%

Ashamed – 50%

Frustrated - 8%

I'm Going to Embarrass Myself

- **Coping Self: Do I know for certain that “I’m going to embarrass myself?”**
- **AS: No I don’t, but it could happen.**
- **Coping Self: What is the likelihood that I will embarrass myself?**
- **AS: It’s a low probability event. But I still don’t want it to happen!**
- **Coping Self: Why is facing this situation important? How is facing this situation consistent with my goals and values?**
- **AS: I want to be more independent and in the public. By doing this and risking embarrassment, I gain more independence and prove to myself that the embarrassment usually doesn’t happen.**

I'm Going to Embarrass Myself

- Summarize what we learned in challenging our thinking on am I'm going to embarrass myself?
- I don't know that I actually will embarrass myself
- It's low probability event
- I'm still willing to do it even though I risk embarrassing myself, because it's important to me to be more independent.

Rational response possibilities

- Most likely I won't embarrass myself. 80%
- Feeling embarrassed does not equal actual embarrassment 70%
- I'll I have to do is enter the store. 80%
- Going to the store is moving me towards independence. 80%

Everyone is Going to Stare at Me

- AT: Everyone is going to stare at me
- CS: What is the worst that could happen?
- AS: I could do something embarrassing and a lot of people see it.
- CS: How bad is that?
- AS: It depends how embarrassing it is, but if I stumbled and fell down, I wouldn't want that.
- CS: How could I cope with that?
- AS: I could laugh at myself, which I might do!
- CS: If I stumbled and fell down how do I know everyone would see that?
- AS: I don't because I don't notice everything everyone is doing when I am out shopping.

Summary

- If I did embarrass myself, I could laugh at it too.
- I don't notice a lot of things when I am in public.
- Not everyone is focused on me.

Rational Responses:

- Most people are focused on what they are trying to do. 90%
- Embarrassment can equal funny. 65%
- If I have to do is enter the store. 80%

I Don't Know What to Say

- AT: I don't know what to say.
- CS: What have I done when I have been in this situation before?
- AS: I usually can at least answer a question or two, but I try to end it quick.
- CS: So I have been able to say some things before?
- AS: Yes, but not much or anything of value.
- CS: Are you going to be solving the worlds problems at the store?
- AS: I hope not.
- CS: So the conversation might be about casual topics like clothes or the weather?
- AS: Yes, and I can talk about those things.

Summary

- I have talked in situations many times.
- The conversation doesn't have to be about anything really important.
- Most conversation is usually centered around what is going on in the situation.

Rational Response:

- All I have to do is answer a question. 90%
- Talking about clothes is a reasonable topic. 70%
- Small talk equals a success. 85%