



## Homework after session 1

*Think of an upcoming social situation that will probably make you feel anxious.*

*Write down:*

- What uncomfortable thoughts come up when you think of the situation?
- How do you think that those thoughts will affect your feelings?

The purpose of this exercise is to begin developing an awareness of your thoughts and how they affect your feelings in social situations. It is the first step towards breaking the cycle of anxious automatic thoughts.