

CHALLENGE YOUR *INNER CRITIC* WORKSHEET

SAFETY BEHAVIORS

Circle 1-3 safety behaviors that you would like to focus on.

Avoid eye contact	Wear plain clothes to avoid any attention	Stand far from others to avoid conversation	Rehearse what you want to say
Speak very softly	Lie or exaggerate to look better	Avoid saying what you want to say	Come up with reasons to leave social event early
Always agree to what someone says even if you disagree	Use distractions to appear busy (ex: phone, TV)	Talk a lot to avoid silences	Avoid asking questions or initiating conversation
Wear excessive makeup to hide blushing	Avoid eating in front of someone	Avoid going to social events	Use drugs / alcohol

WHAT DO YOU WANT TO FOCUS ON?

1. My challenge (what I'd be doing if I weren't anxious):

Safety behavior(s) I want to drop: _____

2. My challenge (what I'd be doing if I weren't anxious):

Safety behavior(s) I want to drop: _____

REMEMBER THIS:

"You learn to be confident, to have courage, to get over anxiety, to live your life authentically, by doing challenging things." - Ellen Hendriksen