# Table of Contents

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1</strong></td>
<td>1</td>
</tr>
<tr>
<td>Shyness &amp; Social Anxiety Education</td>
<td></td>
</tr>
<tr>
<td><strong>Session 2</strong></td>
<td>19</td>
</tr>
<tr>
<td>Cognitive Therapy</td>
<td></td>
</tr>
<tr>
<td><strong>Session 3</strong></td>
<td>31</td>
</tr>
<tr>
<td>Exposure Therapy</td>
<td></td>
</tr>
<tr>
<td><strong>Session 4</strong></td>
<td>47</td>
</tr>
<tr>
<td>Skill Building (Part 1): Listening &amp; Nonverbal</td>
<td></td>
</tr>
<tr>
<td><strong>Session 5</strong></td>
<td>59</td>
</tr>
<tr>
<td>Skill Building (Part 2): Having Conversations</td>
<td></td>
</tr>
<tr>
<td><strong>Session 6</strong></td>
<td>73</td>
</tr>
<tr>
<td>Skill Building (Part 3): Assertiveness Skills</td>
<td></td>
</tr>
<tr>
<td><strong>Session 7</strong></td>
<td>85</td>
</tr>
<tr>
<td>Skill Building (Part 4): Specific Skills</td>
<td></td>
</tr>
<tr>
<td><strong>Session 8</strong></td>
<td>95</td>
</tr>
<tr>
<td>Beginning the Journey: Planning for the Future</td>
<td></td>
</tr>
</tbody>
</table>
SHYNESS AND SOCIAL ANXIETY: Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook: Proven, step-by-step techniques for overcoming your fear”

by

Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety Education

Session 1
Group Format

– 8 x 2-hour sessions
– Begin with check-in
– Review assignment from previous week
– Break for 10 minutes after about 1 hour
– Introduce new learning, new skill
– Practice in session together
– Between-session assignment
– Check-out

Group Norms and Values

• Confidentiality
• Attend all sessions or call 905-667-4852
• Group starts and ends on time
• Please join us if you are late, don’t “worry”
• Encouraged to participate, right to pass
• No interrupting, no advice-giving
• Okay to cry
• Okay to laugh
What Group Is

• Educational
• Skill-based
• Hard work
• Challenging
• Supportive
• Safe

Cognitive Behavioural Therapy (CBT)

Change how you feel by changing your thoughts and behaviours
Cognitive Behavioural Therapy-CBT

• Identify thoughts and behaviours that are impacting our emotions (fear and anxiety)
• Teach new ways of thinking and behaving to change the way we feel

CBT Pros

• New way of understanding anxiety
• Opportunity to learn new skills
• Guided discovery
• Brief and time-limited
• In the here and now
• Homework between sessions promotes new skills and independence
• You become your own therapist, empowerment
• CBT skills can be widely applied
CBT Cons

• You have to do the work
• It is hard work
• It takes time
• You need to practice

Shyness and Social Anxiety

• What are we talking about?

It's QUESTION TIME!!
WHAT IS HAPPENING?

• Anxiety: is a belief that a future negative event will happen that we will be unable to control
• Worry: is what happens when our minds are occupied with this anxiety and possible danger
• Fear: is an emotional reaction to an immediate danger that can be real or imagined

Points to Ponder

• Anxiety and fear are normal emotions
• Anxiety and fear are time-limited
• Anxiety and fear are helpful

We are not looking to get rid of them!
What is Social Anxiety?

• Feeling uncomfortable and nervous in certain social situations.
• Fear of
  – Embarrassment
  – Humiliation
  – Look/feel foolish
  – Judged harshly by others
  – Bad impression

Interpersonal Situations
Social Anxiety is...

• Common
• Slightly higher in women than in men
• Common across cultures
• Cultural difference in who seeks help
Social Anxiety Affects...

• Relationships
• Education
• Work
• Daily Activities

Social Anxiety can affect everything!

Social Anxiety Disorder

• DSM-IV-TR
• Severe social anxiety
• Does not mean you are sick, diseased or mentally ill
• List of behaviors and experiences causing distress and/or interference in a person’s life
• Same as others but more intense, more frequent, and in more situations

Social Anxiety responds well to treatment!
Other Anxiety Disorders

- Generalized Anxiety Disorder
- Panic Disorder
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Specific Phobia

Three Components of Anxiety

- Physical Sensations
- Thoughts
- Behaviours
First Component: Physical Sensation

Fight/Flight Response

Second Component: Thoughts

YOU ARE FIRED
Third Component Behaviors

Interaction between Components

• Can begin on any one (example)
• Record on form when you are faced with a feared situation
In-Session Practice

• Work in groups of two or three
• Use blank Monitoring Form to fill in together
• Think about how coming to group may have affected your anxiety
  – In the past week
  – Earlier today
  – Just before group
  – When you first arrived

Social Anxiety and Associates

• Panic Attacks
• Perfectionism
• Depression
• Body Image Problems
• Substance Abuse
• Anger and Mistrust
Overcoming

Two Approaches

1. Psychological
   a) Exposure strategies
   b) Cognitive strategies
   c) Skills training

2. Pharmacological
   a) Medications

Why Social Anxiety?

• Biology
  – Fight or Flight
  – Genetics
  – Brain activity

• Psychology
  – Learning and beliefs

• Behaviours
  – Avoidance
At Home Practice

• Use the Anxiety Monitoring Form to record your physical sensations, thoughts, and behaviors when you find yourself in a situation that increases your anxiety.
• Try to use daily or as often as you can.

Three Components of Anxiety Monitoring Form

| Place/Situation, Date/Time | Anxiety (0-100) | Physical Sensations | Anxious Thoughts | Anxious Behaviours |
# Three Components of Anxiety Monitoring Form

<table>
<thead>
<tr>
<th>Place / Situation Date / Time</th>
<th>Anxiety (0-100)</th>
<th>Physical Sensations</th>
<th>Anxious Thoughts</th>
<th>Anxious Behaviours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Place / Situation</td>
<td>Date / Time</td>
<td>Anxiety (0-100)</td>
<td>Physical Sensations</td>
<td>Anxious Thoughts</td>
</tr>
<tr>
<td>-------------------</td>
<td>------------</td>
<td>----------------</td>
<td>--------------------</td>
<td>-----------------</td>
</tr>
</tbody>
</table>
Three Components Anxiety Monitoring Form

<table>
<thead>
<tr>
<th>Place / Situation</th>
<th>Anxiety (0-100)</th>
<th>Physical Sensations</th>
<th>Anxious Thoughts</th>
<th>Anxious Behaviours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date / Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SHYNESS AND SOCIAL ANXIETY: Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook:
Proven, step-by-step techniques for overcoming your fear”

by
Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety
Cognitive Therapy

Session 2
At Home Practice Review

• Review experience of filling in Anxiety Monitoring Form
  – Did anything get in the way?
  – What was it like?
  – Any new discoveries?

Cognitive Therapy - CT

1. What you think affects how you feel –
   Your emotions are based on:
   a) how you interpret a situation
   b) what your beliefs are
2. When you interpret something as a threat or danger, you feel anxiety and fear.
3. You are the expert on how you feel, and the counsellor is an expert in CT. Work together!
4. Goal is not to “think happy thoughts”. Instead, find ways to think more realistically.
5. Look at all the evidence!

Anxious Thinking

1. Probability Over estimations
2. Mind Reading
3. Personalization
4. Should Statements
5. Catastrophic Thinking
6. All or Nothing Thinking
7. Selective Attention and Memory
8. Negative Core Beliefs
Questions to identify anxious thoughts

1. What am I afraid will happen to me?
2. What do I fear that the other person will think about me?
3. What will happen if my anxious thoughts are true?

1. Examine the Evidence

1. What is the anxious thought/belief?
2. What are some alternative ways of thinking?
3. Examine the evidence
   a) Support of anxious thought
   b) Support of alternative thinking
4. What is a more realistic thought/belief?
2. Challenge catastrophic thinking

• So What?
• What if it actually came true?
• What could I do to cope if it happened?
• Would it really be so terrible?
• How much does this matter in the big picture?
• Will it matter next week? Next month? Next year?

3. Strengths and positive traits

• Tendency to assume that others judge you harshly on things you judge yourselves to do poorly
• Leads to a focus on this area and neglect of other areas where you do average or above average
• Hard to shift focus, so start with making a list of your areas of strength
4. Seeing the other

• What if your best friend came to you with this issue, what would you say to him/her?
  – Easier to challenge someone else’s thoughts
• What would you think of someone else if this happened to them?
  – You will likely be kinder to someone else
• What would someone who is not anxious think if this happened?

5. Cost and benefits

<table>
<thead>
<tr>
<th>Is this helping me?</th>
<th>Is this hurting me?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
<td>4.</td>
</tr>
<tr>
<td>5.</td>
<td>5.</td>
</tr>
<tr>
<td>6.</td>
<td>6.</td>
</tr>
<tr>
<td>7.</td>
<td>7.</td>
</tr>
<tr>
<td>8.</td>
<td>8.</td>
</tr>
</tbody>
</table>
6. Coping statements

- Short helpful statements that fit for you
- Believable and realistic
  - It is okay to blush in front of others
  - I could manage if Sam did not like me
  - Panic attacks are uncomfortable but not dangerous
  - It is okay to look anxious during a presentation
  - People don’t seem to notice my shaky hands
  - It’s not the end of the world if I make a mistake

7. Behavioral experiments

**Anxiety-Provoking Thought**

- It would be terrible if my hands would shake when I hold a glass of water
- I will make a fool of myself at the interview so why bother going?

**Behavioral Experiment**

- Make your hands shake on purpose. Even spill on yourself and see what happens. Is it really terrible?
- Go to the interview and see what happens
Strategies for Changing your Thoughts

1. Examine the evidence
2. Challenge catastrophic thoughts
3. Include your strengths and positive traits
4. Seeing the other’s perspective
5. Examine the costs and benefits of the thought
6. Use coping statements
7. Do behavioural experiments

In session practice

• In groups of two or three
• Use one of the strategies to challenge anxious thoughts
• Can you find a more realistic thought
At Home Practice

• Fill in Social Anxiety Thought Record this week when in situations that increase anxiety
  – Do daily or as often as possible

Social Anxiety Thought Record

<table>
<thead>
<tr>
<th>Date/Situation</th>
<th>Anxiety-Provoking Thoughts and Predictions</th>
<th>Anxiety Before (0-100)</th>
<th>Alternative Thoughts and Predictions</th>
<th>Evidence and Realistic Conclusions</th>
<th>Anxiety After (0-100)</th>
</tr>
</thead>
</table>

Adapted from "The Shyness and Social Anxiety Workbook", Antony and Swinson 2008
# Social Anxiety Thought Record

<table>
<thead>
<tr>
<th>Place / Situation</th>
<th>Anxiety (0-100)</th>
<th>Anxiety Provoking Thoughts &amp; Predictions</th>
<th>Alternative Thoughts &amp; Predictions</th>
<th>Evidence &amp; Realistic Conclusions</th>
<th>Anxiety After (0-100)</th>
</tr>
</thead>
</table>

Adapted from “The Shyness and Social Anxiety Workbook”, Antony and Swinson 2008
<table>
<thead>
<tr>
<th>Place / Situation</th>
<th>Anxiety (0-100)</th>
<th>Anxiety Provoking Thoughts &amp; Predictions</th>
<th>Alternative Thoughts &amp; Predictions</th>
<th>Evidence &amp; Realistic Conclusions</th>
<th>Anxiety After (0-100)</th>
</tr>
</thead>
</table>

Adapted from “The Shyness and Social Anxiety Workbook”, Antony and Swinson 2008
<table>
<thead>
<tr>
<th>Place / Situation</th>
<th>Anxiety (0-100)</th>
<th>Anxiety Provoking Thoughts &amp; Predictions</th>
<th>Alternative Thoughts &amp; Predictions</th>
<th>Evidence &amp; Realistic Conclusions</th>
<th>Anxiety After (0-100)</th>
</tr>
</thead>
</table>

Adapted from “The Shyness and Social Anxiety Workbook”, Antony and Swinson 2008
SHYNESS AND SOCIAL ANXIETY: Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook:
Proven, step-by-step techniques for overcoming your fear”

by
Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety Exposure Therapy

Session 3
At Home Practice Review

• Review experience of filling in Anxiety Thought Record
  – Did anything get in the way?
  – What was it like?
  – Any new discoveries?

Avoidance

• Plants, animals and people all avoid situations that create pain or fear
• If we avoid threat, we will avoid or prevent the uncomfortable feelings that go with it
• Staying in a situation that creates fear and anxiety can lead to feeling overwhelmed
• Avoiding or escaping a situation that creates fear and anxiety brings immediate relief
• Avoidance makes sense
On the other hand...

- Avoiding situations, emotions and things that make you anxious guarantees that the fear will continue over the long term.

- Avoiding social situations can have serious long term consequences.

Face your Fears

- Learn that avoidance is not necessary and not helpful.
- Learn that your predictions, beliefs and/or interpretations, are exaggerated or incorrect.
- Improve your interpersonal skills.
- Become more comfortable and competent.
Anxious Behaviors

Three main types

1. Avoid feared social and performance situations
2. Avoid feared sensations and feelings
3. Subtle avoidance strategies and safety behaviors

Subtle Avoidance and Safety Behaviors

• Partial avoidance
• Others don’t notice
• You might not notice
• Important to identify and let go of
Distraction

• Help serve at a party
• Read a book on the bus
• Listen to iPod at the mall

• Helps you feel more comfortable while stopping you from learning that you can manage this

Overprotection

• Turtleneck to hide blushing
• Check who will be at party before accepting
• Eat in low light restaurant
• Sunglasses to avoid eye contact
• Always go with a friend

• Helps you feel safer, doesn’t let you learn you can manage
Overcompensation

- Excessive rehearsing and memorizing
- Prepare topics to discuss at party
- Overly focused on body, clothes and hair

\[\text{Feel more prepared, not learning that situations could be managed with less time and effort}\]

Excessive checking and reassurance seeking

- Constantly checking how other’s perceive you
- Checking the mirror
- Repeatedly asking someone how you look, how you are doing

\[\text{Can backfire, negative response when excessive}\]
\[\text{Occasional is helpful, constant is a problem}\]
Substance use

- Artificial courage
- Use before attending party or family function
- Feel less fear, no opportunity for fear to naturally go down

Examples of safety behaviors

- Distraction
- Overprotection
- Overcompensation
- Excessive checking and reassurance seeking
- Substance use
Exposure Hierarchy

- Developed hierarchy before group started
- Plan to do without subtle avoidance strategies and safety behaviors

Why a hierarchy?

A useful example: The analogy of using a ladder to climb over a wall may be useful to explain the principle of an exposure hierarchy. Imagine that you were asked to climb over a 10-foot wall. Would you be able to? Would you have confidence in your ability to do so? But if you were provided with a ladder, you could climb up one step at a time until you were able to climb over the wall. Now would this be useful? Would you have confidence in your ability?
Doing Therapeutic Exposure

• Start with manageable but uncomfortable and work up to difficult ones
• Important to set up carefully so you actually decrease fear, not increase

Needs to be
1. Structured
2. Planned ahead of time
3. Done frequently

Types of Exposure

1. Exposure to Social Situations vs. Exposure to Feared Sensations

2. Imagined Exposure vs. Live Exposure

3. Gradual vs. Rapid
Why and how does exposure work?

- Opportunity to test out your anxious thoughts
- Challenge beliefs and predictions
- Form of behavioral experiment
- Opportunity to discover if what you thought about social situations and performance situations is true or false
- Builds evidence

Well why didn’t it work before?

- Unpredictable
- Uncontrollable
- Brief
- Infrequent
- Anxious thinking
- Subtle avoidance
Make your plan

1. Identify specific predictions about exposure and use cognitive strategies
2. Work at a plan that is predictable and controlled
3. Plan for how long you will practice it
4. Do it often and close together
5. Variety of situations
6. Challenging but possible
7. Minimal risk
8. Use evaluation forms

Your plan continued

9. Include someone you trust
10. Realistic expectations
11. Let your feelings happen
12. No avoidance, even subtle
13. No safety behaviors
14. Wait till your anxiety has become mild or moderate or repeat practice soon (lunch)
15. Use cognitive strategies to challenge anxious thoughts that come up afterwards
In Session Practice

• In groups of two, interview each other so that you will be prepared to introduce the other person to the group
  – Ask questions around non-identifying information
    • Pets
    • Favorite colour/book/movie/musician
    • Dream vacation
    • Last thing ordered in a restaurant

• Introduce each other to the group

At Home Practice

• Begin working on the Exposure Hierarchy you prepared in your orientation session
  – If you think it needs changing based on what you have learned so far, talk with a facilitator

• Use Exposure Monitoring Form each time you do exposure
# Creating a Hierarchy

## Exposure Hierarchy

<table>
<thead>
<tr>
<th>Rank</th>
<th>Situation</th>
<th>Fear (0 - 100)</th>
<th>Avoidance (0 - 100)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## EXPOSURE MONITORING FORM

Describe the Exposure Situation: __________________________ Date and Time: ___________________

Initial Fear Level (0-100) __________ Fear Level at End (0-100) __________ Duration of Exposure __________

### COMPLETE BEFORE THE EXPOSURE PRACTICE

1. What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?
2. What anxious thoughts, predictions, and assumptions do I have about the exposure?
3. What do I expect will happen during the exposure practice?

### COMPLETE AFTER THE EXPOSURE PRACTICE

1. Outcome:
   - __________________________
2. Evidence:
   - __________________________

### Fear Levels (0-100) During the Exposure Practice (rate every _____ minutes)


Based on this experience, what exposure will you do next? __________________________

© 2000 Peter J. Elkins, Ph.D. and Martin M. Antony, Ph.D.
# Exposure Hierarchy

<table>
<thead>
<tr>
<th>Ranking (Highest to Lowest)</th>
<th>Situation</th>
<th>Fear (0-100)</th>
<th>Avoidance (0-100)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Exposure Monitoring Form

Describe the Exposure Situation: ___________________________  Date and Time: ______________________
Initial Fear Level (0-100): _________________________________  Duration of Exposure: ________________
Fear Level at End (0-100): _________________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td>1.</td>
<td>4.</td>
</tr>
<tr>
<td>2.</td>
<td>5.</td>
</tr>
<tr>
<td>3.</td>
<td>6.</td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every _______ minutes)

Based on this experience, what exposure will you do next?

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, PH.D, and Martin M. Antony, Ph.D.
# Exposure Monitoring Form

Describe the Exposure Situation: ___________________________  Date and Time: _______________________

Initial Fear Level (0-100): ___________________________  Duration of Exposure: _______________

Fear Level at End (0-100): ___________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
</tbody>
</table>

| Fear Levels (0-100) During the Exposure Practice (Rate every ______ minutes) |
|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 1. | 4. | 7. | 10. | 13. | 16. | 19. | 22. | 25. | 28. |
| 2. | 5. | 8. | 11. | 14. | 17. | 20. | 23. | 26. | 29. |
| 3. | 6. | 9. | 12. | 15. | 18. | 21. | 24. | 27. | 30. |

Based on this experience, what exposure will you do next? ___________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, Ph.D, and Martin M. Antony, Ph.D
SHYNESS AND SOCIAL ANXIETY: Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook: Proven, step-by-step techniques for overcoming your fear”

by

Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety Skill Building: Part 1

Session 4

Listening and Nonverbal
At Home Practice Review

• How is Exposure Hierarchy coming along?
  – Do you feel you are making progress?
  – Any challenges?
  – What are your next steps?

Can you relate to these statements?

- “Others misunderstand me”
- “I just freeze”
- “I don’t make eye contact”
- “People think I send ‘Leave me alone’ messages”
- “I just have to read word for word if I am in front of people”
- “It is hard to listen”
- “When I do manage to listen, others think I am not”
- “I am just shy, but others say I appear snobby or better than others”
Social Skills

• Usually people with social anxiety have better social skills than they think
• Goals that are helpful
  – Become aware of how behaviors affect others
  – Choosing different behaviors when something else may be more suitable

Why are some skills undeveloped?

• Avoid social situations
• No chance to practice
Communicating more effectively

• Listening
• Nonverbal
• Conversation
• Interviews
• Assertiveness
• Meeting new people
• Public speaking

Listening Skills
Things that interfere with listening

• Comparing self to others
• Negative filter
• Rehearsal
• Derailing
• Overly agreeable

Tips for listening

L  Look interested, look by making eye contact

I  Involvement by responding; paraphrase, ask for clarity

S  Stay with the conversation, Say something appropriate

T  Timely response that is honest and supportive

E  Empathy, openness and awareness

N  Not about being perfect, about being genuine
Non Verbal Communication Skills

When anxious

• Behaviors can give messages that we would prefer to avoid social situations
  – Eyes
    • Contact
  – Voice
    • Tone
    • Volume
  – Body
    • Distance
    • Posture
Two Styles

**Closed**
1. Avoid eye contact
2. Lean back
3. Speak softly
4. Cross arms over chest
5. Clench fists
6. Sitting hunched over
7. Serious face, perhaps a frown

**Open**
1. Make eye contact
2. Lean forward
3. Speak so others can hear
4. Arms comfortable at side
5. Open hands
6. Sitting straight up
7. Smile warmly
In Session Practice

• 2 minute speech
  – Tell us about yourself/your pet
  – Talk about your favorite sport
  – What do you do for a job
  – What would be your ideal vacation
  – A favorite childhood memory
  – How to change a tire
  – How to bake a pie

At Home Practice

• Create or find situations to practice active listening
• Continue to work on Exposure Hierarchy
# Active Listening

<table>
<thead>
<tr>
<th>Date &amp; Situation</th>
<th>Skills I Used *</th>
<th>Things That Interfered</th>
<th>Outcome</th>
<th>What I’ll Try Next Time</th>
</tr>
</thead>
</table>

* * Refer to the “Tips for Listening” and “Nonverbal” sections for examples.
## Active Listening

<table>
<thead>
<tr>
<th>Date &amp; Situation</th>
<th>Skills I Used *</th>
<th>Things That Interfered</th>
<th>Outcome</th>
<th>What I’ll Try Next Time</th>
</tr>
</thead>
</table>

* Refer to the “Tips for Listening” and “Nonverbal” sections for examples.
Exposure Monitoring Form

Describe the Exposure Situation: _______________________________  Date and Time: _______________________________
Initial Fear Level (0-100): _______________________________  Duration of Exposure: _______________________________
Fear Level at End (0-100): _______________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td>What was the outcome of this practice? What actually happened?</td>
<td></td>
</tr>
<tr>
<td>2. What evidence did I gain from this practice? How accurate were my original thoughts and predictions?</td>
<td></td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every ______ minutes)

<table>
<thead>
<tr>
<th>1.</th>
<th>4.</th>
<th>7.</th>
<th>10.</th>
<th>13.</th>
<th>16.</th>
<th>19.</th>
<th>22.</th>
<th>25.</th>
<th>28.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>5.</td>
<td>8.</td>
<td>11.</td>
<td>14.</td>
<td>17.</td>
<td>20.</td>
<td>23.</td>
<td>26.</td>
<td>29.</td>
</tr>
<tr>
<td>3.</td>
<td>6.</td>
<td>9.</td>
<td>12.</td>
<td>15.</td>
<td>18.</td>
<td>21.</td>
<td>24.</td>
<td>27.</td>
<td>30.</td>
</tr>
</tbody>
</table>

Based on this experience, what exposure will you do next? _______________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, PH.D, and Martin M. Antony, Ph.D
Exposure Monitoring Form

Describe the Exposure Situation: ____________________________  Date and Time: ______________________
Initial Fear Level (0-100): ____________________________  Duration of Exposure: ______________
Fear Level at End (0-100): ____________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every ______ minutes)

| 1. | 4. | 7. | 10. | 13. | 16. | 19. | 22. | 25. | 28. |
| 2. | 5. | 8. | 11. | 14. | 17. | 20. | 23. | 26. | 29. |
| 3. | 6. | 9. | 12. | 15. | 18. | 21. | 24. | 27. | 30. |

Based on this experience, what exposure will you do next? ____________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, PH.D, and Martin M. Antony, Ph.D
SHYNESS AND SOCIAL ANXIETY: Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook:
Proven, step-by-step techniques for overcoming your fear”

by
Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety Skill Building: Part 2
Session 5
Having Conversations
At Home Practice Review

• What was it like to practice listening skills?
• Did you notice any changes in your body language?
• How is Exposure Hierarchy coming along?
  – Do you feel you are making progress?
  – Any challenges?
  – What are your next steps?

Can you relate to these statements?

➢ “I just don’t know what to say.”
➢ “I hate small talk.”
➢ “I have nothing to contribute.”
➢ “As soon as I speak up, the conversation dies.”
➢ “We just run out of things to say.”
➢ “I just bore people.”
Verbal Communication

• Good listening and non verbal skills will only get you so far
• Eventually you will need to say something

Verbal Communication Skills
Opportunities to start

• Grocery store lineup
• Coffee shop
• Sales clerk
• On the bus
• Elevator
• Doctor/dentist office

Starting a Conversation

With a stranger in a public place
• something friendly but not too personal

1. Try starting with a question, “Do you have the time?”
2. Or a compliment, “Your baby is adorable!”
3. Or an observation, “Looks like it is going to rain.”
Other Common Situations

Not a stranger
• Work
• School
• Neighbours
• Wedding
• Funeral
• Family Reunion
• Party
• Holiday event

How to get Started

Friendly and a little more personal
1. Question, “What did you do this weekend?”
2. Compliment, “I like your new haircut!”
3. Observation, “I see you are driving a different car.”
4. Introduction, “I don’t believe we’ve met before, my name is...”
Good topics to pick from

- TV show/Movie/Book
- Hobbies
- Job/School
- Weather
- Vacation
- Shopping
- Sports
- Current events

Talking about the weather

- Beautiful day isn’t it?
- Can you believe all this rain?
- It looks like a storm is coming.
- The snow just seems to keep coming.
- I wish I was in Jamaica right now.
- How about this weather?
- Did you order this sunshine?
Talking about Current Events

• Did you catch the news today?
• Did you hear about the fires in BC?
• What do you think about the new mall?
• The paper says the Farmer’s Market will be open longer hours.
• I heard on the news that the stadium is going ahead.
• How about the Tiger Cats? Think they will win?

Talking at the office

• Looking forward to the weekend?
• So, how long have you worked here?
• Things have been kind of quiet around here today.
• Has it been a long week or what?
• You look like you could use a coffee?
• What do you think of the new computers?
Talking at a social event

- So have you known Peter long?
- Have you tried the punch?
- Having a good time?
- Nice place here, don’t you think?
- Nice outfit! Do you mind if I ask where you got it?
- Wonder if we will do this again?

Talking when out for a walk

- What a cute baby
- How old is your baby?
- What is your puppy's name?
- The flowers are looking great aren’t they?
- So, how do you like this park?
- Great day to be outside isn’t it?
- Do you think we will get home before the rain?
Talking when waiting

- I didn’t think it would be so busy today.
- You sure have your hands full. (children, bags)
- I think the bus is running late today.
- We could be here awhile
- I think I should stop coming here on a Saturday.
- How long have you been waiting?

“I’m not very good at small talk.”
Once you are started

- Two way street!
- Active Listening skills
- Disclose some about yourself
- Show interest
- May use physical touch, carefully
- Compliments - give and take
- Details are important, how much to use
- Remember your nonverbal is speaking too
- Questions show interest - more open than closed

Ending a conversation

- Notice when there seems little more to say
  - This is a normal progression, not a failure
  - Can take seconds, minutes or an hour
- Be graceful
  - At a party, excuse yourself to go get some food or drink
  - Need to catch up with Joe
  - Time to get back to work, go home, catch the bus
  - “It’s been nice talking to you, but I need to run”
  - “Nice talking with you, hope to see you again soon”
In Session Practice

• Play a game
  – Charades
  – Pictionary
  – Hot and Cold

At Home Practice

• Plan to go somewhere and strike up a conversation with a stranger
• Continue to work on your Exposure Hierarchy
## Starting a Conversation With a Stranger

<table>
<thead>
<tr>
<th>Place / Situation</th>
<th>Date / Time</th>
<th>Anxiety (0-100)</th>
<th>How I Got Started</th>
<th>What I Can Try Next Time</th>
<th>How Did It Go?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Exposure Monitoring Form

Describe the Exposure Situation: ___________________________  Date and Time: ___________________________

Initial Fear Level (0-100): ___________________________  Duration of Exposure: ___________________________

Fear Level at End (0-100): ___________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td>What evidence do I have that my fearful thoughts are true?</td>
<td></td>
</tr>
<tr>
<td>1. What was the outcome of this practice? What actually happened?</td>
<td></td>
</tr>
<tr>
<td>2. What evidence did I gain from this practice? How accurate were my original thoughts and predictions?</td>
<td></td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every ______ minutes)

<table>
<thead>
<tr>
<th>1.</th>
<th>4.</th>
<th>7.</th>
<th>10.</th>
<th>13.</th>
<th>16.</th>
<th>19.</th>
<th>22.</th>
<th>25.</th>
<th>28.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>5.</td>
<td>8.</td>
<td>11.</td>
<td>14.</td>
<td>17.</td>
<td>20.</td>
<td>23.</td>
<td>26.</td>
<td>29.</td>
</tr>
<tr>
<td>3.</td>
<td>6.</td>
<td>9.</td>
<td>12.</td>
<td>15.</td>
<td>18.</td>
<td>21.</td>
<td>24.</td>
<td>27.</td>
<td>30.</td>
</tr>
</tbody>
</table>

Based on this experience, what exposure will you do next? ___________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, PH.D, and Martin M. Antony, Ph.D
# Exposure Monitoring Form

Describe the Exposure Situation: ________________________________  Date and Time: ____________________

Initial Fear Level (0-100): ________________________________  Duration of Exposure: _________________

Fear Level at End (0-100): ________________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
</table>
| What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure? | What anxious thoughts, predictions, and assumptions do I have about the exposure?  What do I expect will happen during the exposure practice? | What evidence do I have that my fearful thoughts are true? | 1. What was the outcome of this practice? What actually happened?
| | | | 2. What evidence did I gain from this practice? How accurate were my original thoughts and predictions? |

| Fear Levels (0-100) During the Exposure Practice (Rate every _______ minutes) |
|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 1. | 4. | 7. | 10. | 13. | 16. | 19. | 22. | 25. | 28. |
| 2. | 5. | 8. | 11. | 14. | 17. | 20. | 23. | 26. | 29. |
| 3. | 6. | 9. | 12. | 15. | 18. | 21. | 24. | 27. | 30. |

Based on this experience, what exposure will you do next? ________________________________

Adapted from the "Exposure Monitoring Form" by Peter J. Bieling, Ph.D, and Martin M. Antony, Ph.D
SHYNESS AND SOCIAL ANXIETY: Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook:
Proven, step-by-step techniques for overcoming your fear”

by
Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety Skill Building: Part 3

Session 6
Assertiveness Skills
At Home Practice Review

• What kind of things happened in your conversations this week?

• How is Exposure Hierarchy coming along?
  – Do you feel you are making progress?
  – Any challenges?
  – What are your next steps?

Assertiveness Skills

Assertiveness and aggression were NOT identical twins
Communication Styles

- Passive
- Aggressive
- Passive/aggressive
- Assertive

How do you extend an invitation to a friend or acquaintance?
Dealing with Conflict

• Observe
  – Facts, non-judgmental (too late?)

• Describe
  – Observation
  – Feelings

• Change

Script

“I feel ________ when___________.
emotion                     observation

“I would like for you to _________________.
way you would like things to change
Strategies

- Pick the time
- Look at your beliefs, be realistic
- How much does this matter?
- Talk with someone about it
- Look at the other side
- In person? A letter?
Meeting New People/Dating Skills

I don’t get out much!

• Join a club or sport
  – Do the things you enjoy: hobbies, volunteer, take a course
• Take risks
• Join in
Meeting Online

• Very popular
  – Dating
  – Meet new friends
• Information about how to meet other singles
• Information about social events, clubs, etc.

Not to replace in-person!

In Session Practice

• Role playing
  – Saying no to a friend who wants you to help her move but you already have plans
  – Asking your landlord to fix the toilet
  – Telling your child they can not have a snack
  – Telling your boss you can not work overtime this weekend
  – Telling a friend not to come over because it is too late and you are tired
In Session Practice

• Practice different situations
  – Eating in a group
  – Ordering food in a restaurant
  – Trying on clothes at the store
  – Return an item to the store
  – Make change while others are watching

At Home Practice

• Pick a situation that you will develop a script and use it. Fill in the script on the form and record your outcome after using it.
• Continue working on your Exposure Hierarchy
Practicing Assertiveness

Date & Time: _________________________

Script

“I feel ___________ when __________."

Emotion Observation

“I would like for you to ________________.”

The way you would like things to change

How did it go?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What did you learn?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
# Exposure Monitoring Form

Describe the Exposure Situation: ____________________________  
Initial Fear Level (0-100): ____________________________  
Fear Level at End (0-100): ____________________________

Date and Time: ____________________________  
Duration of Exposure: ____________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td>What evidence do I have that my fearful thoughts are true?</td>
<td>1. What was the outcome of this practice? What actually happened?</td>
</tr>
<tr>
<td></td>
<td>2. What evidence did I gain from this practice? How accurate were my original thoughts and predictions?</td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every _______ minutes)

<table>
<thead>
<tr>
<th>1.</th>
<th>4.</th>
<th>7.</th>
<th>10.</th>
<th>13.</th>
<th>16.</th>
<th>19.</th>
<th>22.</th>
<th>25.</th>
<th>28.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>5.</td>
<td>8.</td>
<td>11.</td>
<td>14.</td>
<td>17.</td>
<td>20.</td>
<td>23.</td>
<td>26.</td>
<td>29.</td>
</tr>
<tr>
<td>3.</td>
<td>6.</td>
<td>9.</td>
<td>12.</td>
<td>15.</td>
<td>18.</td>
<td>21.</td>
<td>24.</td>
<td>27.</td>
<td>30.</td>
</tr>
</tbody>
</table>

Based on this experience, what exposure will you do next? ________________________________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, PhD, and Martin M. Antony, PhD
# Exposure Monitoring Form

Describe the Exposure Situation: ____________________________

Initial Fear Level (0-100): ____________________________

Fear Level at End (0-100): ____________________________

Date and Time: ____________________________

Duration of Exposure: ____________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td>What evidence did I gain from this practice? How accurate were my original thoughts and predictions?</td>
<td></td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every ______ minutes)

<table>
<thead>
<tr>
<th>1.</th>
<th>4.</th>
<th>7.</th>
<th>10.</th>
<th>13.</th>
<th>16.</th>
<th>19.</th>
<th>22.</th>
<th>25.</th>
<th>28.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>5.</td>
<td>8.</td>
<td>11.</td>
<td>14.</td>
<td>17.</td>
<td>20.</td>
<td>23.</td>
<td>26.</td>
<td>29.</td>
</tr>
<tr>
<td>3.</td>
<td>6.</td>
<td>9.</td>
<td>12.</td>
<td>15.</td>
<td>18.</td>
<td>21.</td>
<td>24.</td>
<td>27.</td>
<td>30.</td>
</tr>
</tbody>
</table>

Based on this experience, what exposure will you do next? ____________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, Ph.D, and Martin M. Antony, Ph.D
SHYNESS AND SOCIAL ANXIETY: Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook:
Proven, step-by-step techniques for overcoming your fear”

by

Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety Skill Building-Part 4

Session 7
Specific Skills
Interview Skills

“My short-term goal is to bluff my way through this job interview. My long-term goal is to invent a time machine so I can come back and change everything I’ve said so far.”

Pre-Interview Skills

• Use your Social Anxiety Thought Record
  – What are you predicting will happen

• Prepare ahead
  – Learn about the organization
  – How can you contribute
  – Strengths and weaknesses
  – Prepare questions to ask
  – Bring resume and any other documents
Interview Time

- Punctual
- Appearance
- Listening skills (be present)
- Best behavior
- Ask questions
- Honest and genuine, be yourself
- At end of interview, ask about next steps

Post Interview

- Send a thank you letter to interviewer
- Evaluate
  - What went well?
  - What would you like to do differently?
Dating Skills

• Prep work
  – What are you looking for?
  – Be aware of your own values and beliefs
  – Be the right person in the right place!

• Network
  – Survey; 2/3 introduced by someone, talk about it

• First dates
  – Informal to formal
  – Details matter

• Rejection
  – Normal for one to be more interested than the other
  – It doesn’t mean something is wrong, with you or your skills
  – It is part of the process and has benefits; more dates, more experience, more skill, more potential...

Often you think when you’re rejected that you are not good enough, but the truth is they weren’t ready for all you have to offer.

WWW.LIVELIFEHAPPY.COM
Public Speaking Skills

Resources

• “The Confident Speaker: Beat Your Nerves and Communicate at Your Best in Any Situation”
  – Monarth and Kase 2007
  – Public speaking and managing anxiety

• Toastmasters
  – 10 clubs in Hamilton, more in surrounding areas
In Session Practice

• Video
  – Making a speech
  – Playing Charades

At Home Practice

• Continue working on your Exposure Hierarchy
# Exposure Monitoring Form

Describe the Exposure Situation: ____________________________  Date and Time: ____________________________

Initial Fear Level (0-100): ____________________________  Duration of Exposure: ____________________________

Fear Level at End (0-100): ____________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td>1.</td>
<td>2.</td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every ______ minutes)

| 1.  | 4.  | 7.  | 10. | 13. | 16. | 19. | 22. | 25. | 28. |
| 2.  | 5.  | 8.  | 11. | 14. | 17. | 20. | 23. | 26. | 29. |
| 3.  | 6.  | 9.  | 12. | 15. | 18. | 21. | 24. | 27. | 30. |

Based on this experience, what exposure will you do next? ____________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, Ph.D, and Martin M. Antony, Ph.D
# Exposure Monitoring Form

Describe the Exposure Situation: ____________________________

Initial Fear Level (0-100): ____________________________

Fear Level at End (0-100): ____________________________

Date and Time: ____________________________

Duration of Exposure: ____________________________

**COMPLETE BEFORE THE EXPOSURE PRACTICE**

<table>
<thead>
<tr>
<th>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</th>
<th>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</th>
<th>What evidence do I have that my fearful thoughts are true?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**COMPLETE AFTER THE EXPOSURE PRACTICE**

1. What was the outcome of this practice? What actually happened?

2. What evidence did I gain from this practice? How accurate were my original thoughts and predictions?

**Fear Levels (0-100) During the Exposure Practice (Rate every minutes)**

<table>
<thead>
<tr>
<th>1.</th>
<th>4.</th>
<th>7.</th>
<th>10.</th>
<th>13.</th>
<th>16.</th>
<th>19.</th>
<th>22.</th>
<th>25.</th>
<th>28.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.</td>
<td>5.</td>
<td>8.</td>
<td>11.</td>
<td>14.</td>
<td>17.</td>
<td>20.</td>
<td>23.</td>
<td>26.</td>
<td>29.</td>
</tr>
<tr>
<td>3.</td>
<td>6.</td>
<td>9.</td>
<td>12.</td>
<td>15.</td>
<td>18.</td>
<td>21.</td>
<td>24.</td>
<td>27.</td>
<td>30.</td>
</tr>
</tbody>
</table>

Based on this experience, what exposure will you do next?

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, PH.D, and Martin M. Antony, Ph.D
Exposure Monitoring Form

Describe the Exposure Situation: ____________________________  Date and Time: ____________________

Initial Fear Level (0-100): ____________________________  Duration of Exposure: ___________

Fear Level at End (0-100): ____________________________

<table>
<thead>
<tr>
<th>COMPLETE BEFORE THE EXPOSURE PRACTICE</th>
<th>COMPLETE AFTER THE EXPOSURE PRACTICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>What emotions and feelings (e.g., fear, anger, etc.) do I have about the exposure?</td>
<td>What anxious thoughts, predictions, and assumptions do I have about the exposure? What do I expect will happen during the exposure practice?</td>
</tr>
<tr>
<td>1. What was the outcome of this practice? What actually happened?</td>
<td>2. What evidence did I gain from this practice? How accurate were my original thoughts and predictions?</td>
</tr>
</tbody>
</table>

Fear Levels (0-100) During the Exposure Practice (Rate every _______ minutes)

| 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | 17. | 18. | 19. | 20. | 21. | 22. | 23. | 24. | 25. | 26. | 27. | 28. | 29. | 30. |

Based on this experience, what exposure will you do next? ____________________________________________

Adapted from the “Exposure Monitoring Form” by Peter J. Bieling, PH.D, and Martin M. Antony, Ph.D
SHYNESS AND SOCIAL ANXIETY:
Group Treatment

Based on the book:

“The Shyness & Social Anxiety Workbook:
Proven, step-by-step techniques for overcoming your fear”

by
Martin M. Antony, PH.D & Richard P. Swinson, MD

Shyness and Social Anxiety
Beginning the Journey

Session 8
Planning for the Future
How to maintain gains

• Continue using the strategies you’ve learned
• Continue practicing the strategies
• Rather than ending treatment, look at it as starting to live your life in a new way, so there is no end

Goals of CBT include

• Gaining control of your anxiety
  – Have you learned strategies to manage your anxiety?
• Becoming your own therapist
  – Have you learned strategies to be your own coach?
Why not effective?

- Too Low of a Dosage
- Stress
- Other psychological problems
- Life gets in the way

Effective but what if fear returns?

- Use the same strategies that were effective
- Many reasons it can come back
  - Stopped using strategies too soon or too quickly
    - Continue using exposure occasionally
  - Stopped medication too soon or too quickly
  - Increased stress
  - Surprise! (something new and out of the blue)
  - Trauma in a feared situation
    - Go back to it as soon as possible
Prevention

• Continue both cognitive and exposure strategies
• Practice in many different situations
• Overlearn vs. learn

Continue Learning

• “The Shyness & Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear”
  – Antony M.M. and Swinson R.P. 2008
• “10 Simple Solutions to Shyness: How to Overcome Shyness, Social Anxiety and Fear of Public Speaking”
  – Antony, M.M. 2004
Work to Continue

• Skills to practice
• New Exposure Hierarchy

Resources


http://www.anxietybc.com/resources/anxiety.php
## Exposure Hierarchy

<table>
<thead>
<tr>
<th>Ranking (Highest to Lowest)</th>
<th>Situation</th>
<th>Fear (0-100)</th>
<th>Avoidance (0-100)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>