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Mental Health & Wellbeing

Social Anxiety Workbook

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The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Safe Haven Connect CIC is not a healthcare provider, and this workbook should not be used to diagnose or treat any mental health condition.

If you are concerned about your mental or physical health, please speak to your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

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PAGE 1 – Understanding Social Anxiety

 What is social anxiety?

Social anxiety is more than shyness.

It is a fear of being judged, embarrassed or negatively evaluated by other people. It can make everyday situations—such as conversations, meetings or social events—feel overwhelming.

With understanding, practice and support, many people learn to manage social anxiety and build confidence.

Common signs of social anxiety

- ☐ Worrying about what others think.
- ☐ Avoiding social situations.
- ☐ Fear of speaking in groups.
- ☐ Blushing or sweating.
- ☐ Shaking or trembling.
- ☐ Racing heart.
- ☐ Replaying conversations afterwards.
- ☐ Feeling self-conscious.
- ☐ Difficulty making eye contact.
- ☐ Wanting to leave social situations quickly.

Reflection

Which of these signs do you experience most often?

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PAGE 2 – My Social Anxiety Triggers

Understanding your triggers can help you prepare and develop coping strategies.

♥ Situations I find difficult

- ☐ Meeting new people.
- ☐ Talking on the phone.
- ☐ Speaking in meetings.
- ☐ Eating in public.
- ☐ Shopping.
- ☐ Public transport.
- ☐ Parties or social events.
- ☐ Asking for help.
- ☐ Starting conversations.
- ☐ Other

♥ My biggest trigger

♥ How does it make me feel?

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PAGE 3 – My First Steps Forward

Recovery begins with small, achievable steps.

Choose one thing you feel ready to try.

♥ This week I will...

- ☐ Smile at someone.
- ☐ Say hello.
- ☐ Make brief eye contact.
- ☐ Ask one question.
- ☐ Start a short conversation.
- ☐ Spend five extra minutes in a social situation.
- ☐ Accept a compliment.
- ☐ Stay a little longer before leaving.
- ☐ Celebrate my effort, whatever happens.

♥ My small goal this week

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PAGE 4 – Challenging Negative Thoughts

Social anxiety often makes us believe other people are judging us.

These thoughts can feel very real, but they aren't always accurate.

 A thought I often have in social situations

 What evidence do I have that this is true?

 A more balanced thought

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PAGE 5 – Calming My Body

When we feel anxious, our body reacts.

Learning to calm your body can help you feel more in control.

♥ Try this breathing exercise

🌿 Breathe in slowly for 4 seconds

🌿 Hold for 2 seconds

🌿 Breathe out gently for 6 seconds

Repeat 5–10 times.

♥ Before breathing my anxiety was

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ After breathing my anxiety was

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ How do I feel now?

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PAGE 6 – Building Confidence

Confidence grows through practice, not perfection.

Every small social interaction is progress.

♥ Today I...

- ☐ Smiled at someone.
- ☐ Said hello.
- ☐ Asked a question.
- ☐ Made eye contact.
- ☐ Started a conversation.
- ☐ Stayed in a social situation.
- ☐ Accepted a compliment.
- ☐ Was kind to myself.
- ☐ Celebrated my effort.

♥ My biggest achievement today

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I felt anxious when...

♥ Something that helped me

♥ One thing I'm proud of

♥ One goal for tomorrow

♥ Remember

You don't need to be the loudest person in the room to have value.

Every smile.

Every conversation.

Every brave step counts.

Confidence grows one conversation at a time. ♥

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PAGE 8 – Understanding Avoidance

When we feel anxious in social situations, it's natural to avoid them.

Avoidance may bring short-term relief, but it often keeps social anxiety going.

Taking small, manageable steps can help build confidence over time.

♥ Situations I avoid

- ☐ Meeting new people.
- ☐ Speaking in groups.
- ☐ Making phone calls.
- ☐ Eating in public.
- ☐ Going to busy places.
- ☐ Asking for help.
- ☐ Attending social events.
- ☐ Starting conversations.
- ☐ Other

♥ One situation I'd like to feel more comfortable with

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PAGE 9 – My Social Success Journal

Every social interaction is progress.

Celebrate your effort, not just the outcome.

♥ Today I...

- ☐ Smiled at someone.
- ☐ Started a conversation.
- ☐ Answered a question.
- ☐ Stayed in a social situation.
- ☐ Made eye contact.
- ☐ Asked for help.
- ☐ Introduced myself.
- ☐ Spoke kindly to myself.
- ☐ Tried something new.

♥ My biggest success today

♥ How did it make me feel?

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PAGE 10 – Challenging My Fears

Social anxiety often makes us imagine the worst.

Ask yourself whether your fear is based on facts or assumptions.

♥ What am I worried might happen?

♥ What's the most realistic outcome?

♥ If it happened, how would I cope?

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PAGE 11 – Weekly Reflection

Take a few moments to recognise your progress.

♥ This week I felt proud when...

♥ Something that helped me most

♥ One thing I learned about myself

♥ My goal for next week

♥ Remember

You don't have to be fearless to make progress.

Courage is taking small steps, even when you feel anxious.

Every conversation...

Every smile...

Every moment you choose to stay instead of avoid...

Is another step towards confidence. 

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PAGE 12 – Challenging Self-Criticism

People with social anxiety are often much harder on themselves than they would ever be on someone else.

Learning to replace self-criticism with self-compassion can help build confidence.

 After a social situation I often think...

 Would I say this to a friend?

☐ Yes

☐ No

 A kinder thought I can choose instead

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PAGE 13 – Building My Confidence Ladder

Confidence grows by taking one small step at a time.

Choose challenges that feel manageable.

♥ My Confidence Ladder

Step 1

Step 2

Step 3

Step 4

Step 5

♥ Which step will I complete this week?

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PAGE 14 – My Social Support Network

Having supportive people around you can make social situations feel less overwhelming.

♥ People I can talk to

Family

Friend

Work Colleague

Healthcare Professional

Support Group

Other

♥ When I'm struggling, I will...

- ☐ Tell someone how I feel.
- ☐ Take slow breaths.
- ☐ Remind myself I'm safe.
- ☐ Use the tools in this workbook.
- ☐ Be kind to myself.

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PAGE 15 – Weekly Reflection

Take a few moments to reflect on this week.

♥ Something I did that took courage...

♥ What helped me feel calmer?

♥ One thing I'm proud of...

♥ My goal for next week...

♥ Remember

Social anxiety may tell you that you're not good enough.

The truth is...

You are worthy of being heard.

You are worthy of being accepted.

You are worthy of connection.

Every small step you take is helping you build confidence.

Keep going—you are making progress. ♥

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PAGE 16 – Facing Social Situations

Confidence grows through practice.

You don't have to face your biggest fear first.

Small, repeated steps can make social situations feel easier over time.

♥ This week I will...

- ☐ Smile at someone.
- ☐ Say hello.
- ☐ Ask one question.
- ☐ Start a short conversation.
- ☐ Stay at a social event for a little longer.
- ☐ Make one phone call.
- ☐ Order something myself.
- ☐ Introduce myself to someone new.

♥ My challenge this week

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PAGE 17 – Calming My Mind Before Social Situations

Feeling nervous before seeing people is common.

Preparing yourself can make situations feel more manageable.

♥ Before I go out I will...

- ☐ Take slow breaths.
- ☐ Remind myself I'm safe.
- ☐ Think of one positive thought.

- ☐ Focus on enjoying the moment.
- ☐ Accept that it's okay to feel nervous.
- ☐ Remember that I don't have to be perfect.
- ☐ Congratulate myself for trying.

♥ My calming thought

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PAGE 18 – My Social Wins

Celebrate every success, no matter how small.

♥ Today I...

- ☐ Made eye contact.
- ☐ Smiled.
- ☐ Said hello.
- ☐ Asked a question.
- ☐ Started a conversation.
- ☐ Stayed in a social situation.
- ☐ Spoke up.
- ☐ Was kind to myself.

☐ Tried my best.

♥ My biggest achievement today

♥ How did it make me feel?

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PAGE 19 – Looking Forward

Recovery from social anxiety isn't about becoming the loudest person in the room.

It's about feeling comfortable being yourself.

♥ Looking ahead...

One thing I'd like to do more confidently

One fear I'd like to overcome

One promise I'll make to myself

♥ Remember

Every conversation is practice.

Every smile is progress.

Every time you choose courage over avoidance, you're building confidence.

You are enough exactly as you are. ♥

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PAGE 20 – Challenging Unhelpful Thoughts

Social anxiety often makes us assume we know what other people are thinking.

The truth is, we usually don't.

Learning to question these thoughts can reduce anxiety and build confidence.

 **A thought I often have**

 **What evidence supports this thought?**

 **What evidence suggests it may not be true?**

 **A more balanced thought**

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PAGE 21 – Focusing on Progress

Recovery isn't about being perfect.

It's about noticing the small improvements you make every day.

 **This week I...**

- ☐ Started a conversation.
- ☐ Stayed in a social situation.
- ☐ Smiled at someone.
- ☐ Made eye contact.
- ☐ Asked a question.
- ☐ Accepted a compliment.

- ☐ Tried something new.
 - ☐ Was kind to myself.
 - ☐ Kept going even when I felt anxious.
-

 **My biggest success this week**

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PAGE 22 – Building Positive Connections

Supportive relationships can help you feel more confident.

Focus on spending time with people who make you feel accepted and valued.

 **People who make me feel comfortable**

 **Qualities I value in a friendship**

 **One relationship I'd like to strengthen**

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PAGE 23 – My Social Anxiety Journey

Take a moment to reflect on your progress.

♥ Since starting this workbook...

I have learned...

I feel more confident because...

One thing I will continue practising...

♥ Remember

Social anxiety doesn't define who you are.

You are more than your fears.

Every small act of courage helps build confidence.

Keep believing in yourself.

Keep taking one step at a time.

You deserve to feel comfortable being yourself. ♥

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PAGE 24 – Letting Go of Perfection

Many people with social anxiety feel they must say the "right" thing or never make mistakes.

The truth is, nobody is perfect.

People are usually far less critical of us than we imagine.

♥ Today I give myself permission to...

- ☐ Make mistakes.
- ☐ Pause before speaking.
- ☐ Be myself.
- ☐ Learn as I go.
- ☐ Laugh at small mistakes.
- ☐ Accept that I don't need everyone's approval.
- ☐ Focus on progress instead of perfection.

♥ One expectation I'll let go of

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PAGE 25 – My Confidence Journal

Confidence grows through repeated positive experiences.

Take time to celebrate every success.

♥ Today I...

- ☐ Smiled at someone.
- ☐ Started a conversation.
- ☐ Asked for help.
- ☐ Shared my opinion.
- ☐ Stayed calm.
- ☐ Took a deep breath.
- ☐ Stayed in a social situation.
- ☐ Tried something that felt difficult.
- ☐ Believed in myself.

♥ My biggest achievement today

♥ How did I feel afterwards?

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PAGE 26 – My Personal Calm Toolkit

Everyone has different ways of calming themselves.

Choose the tools that work best for you.

My Calm Toolkit

- ☐ Slow breathing
- ☐ Grounding exercises
- ☐ Positive affirmations
- ☐ Talking to someone I trust
- ☐ Going for a walk
- ☐ Listening to calming music
- ☐ Reading
- ☐ Drinking water
- ☐ Mindfulness
- ☐ Gentle stretching
- ☐ Other

My three favourite coping tools

1.

2.

3.

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PAGE 27 – Looking Ahead

Recovery from social anxiety takes patience and courage.

Every small step you take is helping you build a more confident future.

 Looking ahead...

One thing I want to do confidently

One strength I'll rely on

My message to my future self

♥ Remember

You don't need to change who you are to belong.

You don't need to be perfect to be accepted.

Your voice matters.

Your presence matters.

You are worthy of friendship, connection and confidence—just as you are. ♥

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PAGE 28 – Managing Setbacks

Recovery isn't always a straight line.

Some days will feel easier than others.

Having a difficult day doesn't mean you've failed—it means you're human.

Every setback is another opportunity to practise the skills you've learned.

♥ If I have a difficult day, I will...

- ☐ Be kind to myself.
- ☐ Take slow, deep breaths.
- ☐ Remember this feeling will pass.
- ☐ Use my coping skills.
- ☐ Talk to someone I trust.
- ☐ Focus on one small step.

☐ Celebrate trying, not perfection.

☐ Keep believing in my progress.

♥ One thing I'll remind myself today

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PAGE 29 – My Personal Strengths

Social anxiety can make us forget how capable we are.

Take time to recognise your strengths.

♥ I am...

☐ Kind

☐ Caring

☐ Honest

☐ Brave

☐ Loyal

☐ Compassionate

☐ Patient

☐ Resilient

☐ Thoughtful

☐ Helpful

☐ Determined

☐ Creative

☐ Other

 Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My Social Confidence Plan

Confidence is built through small actions repeated regularly.

 This month I will...

☐ Start one conversation each week.

☐ Make eye contact more often.

- ☐ Smile at people.
- ☐ Accept compliments.
- ☐ Stay in social situations a little longer.
- ☐ Practice slow breathing.
- ☐ Challenge negative thoughts.
- ☐ Celebrate every success.
- ☐ Be patient with myself.
- ☐ Keep moving forward.

♥ My confidence goal

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PAGE 31 – My Social Anxiety Journey

Take a moment to reflect on everything you've achieved.

♥ Looking back...

The biggest thing I've learned is...

The strategy that helped me most is...

One thing I'm proud of is...

♥ Remember

You don't have to be the most confident person in the room.

You only have to be yourself.

Every small act of courage is proof that you're growing stronger.

Keep believing in yourself.

Keep taking one step at a time.

You deserve to feel accepted, valued and confident—exactly as you are. ♥

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PAGE 32 – Building Lasting Confidence

Confidence isn't about never feeling anxious.

It's about trusting yourself to cope, even when you feel nervous.

Every social experience is another opportunity to learn and grow.

♥ Today I choose to...

- ☐ Believe in myself.
- ☐ Accept that it's okay to feel nervous.
- ☐ Speak kindly to myself.
- ☐ Focus on enjoying the conversation.
- ☐ Listen more than I worry.
- ☐ Stay present in the moment.
- ☐ Celebrate every small success.
- ☐ Keep moving forward.

♥ One thing I'll do differently next time

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PAGE 33 – Looking After My Wellbeing

Looking after your overall wellbeing can help reduce anxiety and increase confidence.

♥ This week I will...

- ☐ Get enough sleep.

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Exercise or move my body.
- ☐ Practice slow breathing.
- ☐ Spend time with supportive people.
- ☐ Limit negative self-talk.
- ☐ Take regular breaks.
- ☐ Celebrate my progress.

 One healthy habit I'll continue

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PAGE 34 – My Social Confidence Toolkit

Create a list of the things that help you feel calmer and more confident.

 My Confidence Toolkit

- ☐ Slow breathing
- ☐ Positive affirmations
- ☐ Grounding exercises

- ☐ Talking to someone I trust
- ☐ Preparing conversation starters
- ☐ Smiling
- ☐ Going for a walk beforehand
- ☐ Listening to calming music
- ☐ Journaling
- ☐ Reading encouraging reminders
- ☐ Other

 My three most helpful tools

1.

2.

3.

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Take a moment to celebrate how far you've come.

♥ Looking back...

The biggest thing I've learned is...

The coping skill that helped me most is...

One thing I'm proud of is...

♥ Remember

Recovery doesn't mean you'll never feel nervous again.

It means knowing you can still live your life, build relationships and enjoy new experiences even when anxiety shows up.

Keep believing in yourself.

Keep practising.

Keep taking one small step at a time.

You are stronger than your fears, and you deserve to be seen, heard and valued. ♥

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PAGE 36 – Becoming Comfortable Being Yourself

Social anxiety often tells us we need to change who we are to be accepted.

The truth is, your value doesn't depend on being perfect or saying the right thing.

Being yourself is enough.

♥ Today I will...

- ☐ Accept myself.
- ☐ Be kind to myself.
- ☐ Speak with confidence.
- ☐ Listen without judging myself.
- ☐ Allow myself to make mistakes.
- ☐ Remember that everyone feels nervous sometimes.
- ☐ Celebrate my effort.
- ☐ Keep being myself.

♥ One thing I like about myself

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PAGE 37 – My Personal Confidence Promise

Recovery happens one conversation, one smile and one brave step at a time.

♥ I promise to...

- ☐ Keep practising.
- ☐ Challenge negative thoughts.
- ☐ Celebrate every success.
- ☐ Be patient with myself.
- ☐ Accept that confidence grows over time.
- ☐ Continue using the tools in this workbook.
- ☐ Ask for support when I need it.
- ☐ Believe in my progress.

♥ My personal promise

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PAGE 38 – My Wellbeing Plan

Looking after your wellbeing can make social situations feel more manageable.

♥ I will continue to...

- ☐ Get enough sleep.
- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Exercise regularly.
- ☐ Spend time outdoors.
- ☐ Practice breathing exercises.
- ☐ Stay connected with supportive people.
- ☐ Take breaks when needed.
- ☐ Be kind to myself.
- ☐ Keep challenging my fears.

♥ Three things that help me feel confident

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Social Anxiety Workbook

Congratulations on completing this workbook.

Every page you've worked through has helped you understand social anxiety, build confidence and develop practical skills that you can continue using every day.

Remember:

♥ Progress is more important than perfection.

♥ Courage grows through practice.

♥ Every conversation is an opportunity to learn.

♥ You deserve to be heard.

♥ You deserve meaningful relationships.

♥ You are enough exactly as you are.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

 Final Reminder

This workbook is designed as a self-help resource to support your mental wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If social anxiety is having a significant impact on your daily life, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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