**A PAUSE, A PRACTICE, A NEXT STEP**

# Social Anxiety

Connection can feel risky when you fear judgment.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**What it feels like**

You may blush, shake, go blank, or worry that others will notice your anxiety. Before or after a conversation, you may replay what could go wrong.

## 01 / Notice and reflect

What connection matters to me?

## 02 / Notice and reflect

What is one small interaction I could choose?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for help when fear leads you to miss school, work, meals, or relationships. You can discuss therapy and other treatment options.

Read more: NIMH · Social anxiety disorder

More tools and immediate support: Our Healing Room / Crisis Support.



U.S. crisis support: call or text 988. In immediate danger, call 911.