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## Worksheet 2.2 Thoughts Related to an Anxiety-Provoking Situation

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Briefly describe a recent social or performance situation in which you were anxious:

List as many thoughts as you can remember about that situation. Include thoughts you had in anticipation of the event, during the event, and after the event. List one thought per line.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_