**Negative Thoughts**

Making negative predictions about how your come across to others and what they think of you

Environmental Focus

Searching the environment for any evidence that they are being negatively evaluated

How You Think You Appear to Others

Assuming you are performing badly and their anxiety is obvious to other people

Safety Behaviours

Using subtle behaviours to help you feel more comfortable. This is to prevent fears from coming true.

Self Focus

Focusing most of your attention on yourself including their physical symptoms and their negative thoughts

**Avoidance**

Avoiding or escape social situations to prevent their negative thoughts from coming true

WHAT IS SOCIAL ANXIETY??