

Social Situation

1. *What went through your mind at that time?
What was the worst you thought could happen?
What did you think people would notice/think about you?
What would that mean / What would be so bad about that?*

Thoughts

4. *When you are afraid (feared event) will happen, what happens to your attention? Do you become more self-conscious? As you focus your attention on yourself, what do you notice? Do you have an image of how you feel you are coming across? What does that look like?*

Self-focus

2. *When you thought (feared event) might happen, what did you notice happening in your body? (Suggest symptoms of anxiety)*

3. *As you became anxious, and thought that (feared event) might happen, did you do anything to try to prevent it from happening? Did you do anything to try to prevent people from noticing?*

8. *When you are aware of (contents of self-focus) does that make it seem more or less likely that (thoughts) will happen?*

6. *As you noticed yourself becoming more anxious, what effect did that have on your attention?*

5. *As you did (safety behaviours) did that make you focus more or less attention on yourself?*

Safety Behaviours

Anxiety Symptoms

7. *When you did (safety behaviours), what effect did that have on your anxiety?*