

# Contents

	<b>Introduction</b>	1
Chapter 1:	<b>Socially Anxious Are You Missing Out?</b> What is the difference between being a little shy and having a problem with social anxiety? The real question is whether you are missing out by avoiding situations due to your anxiety. It is important to understand that if you are socially anxious, you are not alone.	8
Chapter 2:	<b>Why Me? The Origins of Social Anxiety</b> Being shy is not your fault. There are three main causes of social anxiety: genetics, how you were raised, and upsetting events that may have triggered your anxiety. One or more of these causes may be at the root of your problem.	12
Chapter 3:	<b>The Chain Gang Thoughts, Feelings, and Actions</b> This book is based on cognitive behavioral therapy, which helps us understand the connections between our thoughts, our feelings, and our behavior. Avoidance behavior, which is what shy teens do, is caused by feelings of anxiety, which are sparked by spontaneous, often unconscious, automatic thoughts.	17
Chapter 4:	<b>Disastrous Distortions Don't Believe Every Thought You Think</b> The automatic thoughts that lead to avoidance behavior are often inaccurate and distorted. This chapter outlines six of the most common distortions in the thinking of people with social anxiety. Understanding that your thoughts are distorted helps you begin to question them.	31
Chapter 5:	<b>The Values Compass Stepping Off the Perfectionist Path to Nowhere</b> Is not making mistakes what really matters? This chapter will outline how unrealistic it is to attempt social perfectionism and will help you identify your own values as a compass to guide how you live your life.	44
Chapter 6:	<b>What Was I Thinking? Fact-Checking and the Values Test</b> There are two ways of evaluating your thoughts. The first is to figure out how accurate they are, and the second is to see if that way of thinking leads you toward avoidance or toward your values.	53
Chapter 7:	<b>Talking Back to Your Thoughts Training Your Brain to Challenge and Cope</b> Once you have identified your distorted thoughts, you are ready to learn how to come up with some alternative ways of thinking that will help lower your anxiety and help you face situations that are scary for you.	62

Chapter 8:	<b>The Exposure Ladder</b> <i>From Avoidance to Action</i>	67
	To master social anxiety, you will need to face your fears. There is no better way to challenge your thinking and live the life you want. But don't worry; you don't have to start with the scariest situation. This chapter will show you how to turn situations you've been avoiding into situations you can face.	
Chapter 9:	<b>Grab a Rung!</b> <i>Getting a Grip on Your Exposure Ladder</i>	75
	Here you'll learn to develop coping strategies and use realistic goals to make exposures successful.	
Chapter 10:	<b>Bella's Ladder</b> <i>Exposure, Exposure, Exposure</i>	86
	In this chapter, watch and learn as our socially anxious teen Bella faces her fear of blushing, one rung at a time.	
Chapter 11:	<b>Troubleshooting</b> <i>What to Do When You Get Stuck</i>	104
	What do you do when you become so anxious that you don't feel like you can do your exposure? What if the thing you are afraid will happen actually happens? These are common challenges, and this chapter will give you strategies for coping with them.	
Chapter 12:	<b>Above and Beyond</b> <i>How Mistakes Make You Stronger</i>	113
	Facing your fear head-on helps you really master your social anxiety. You will learn that you can cope a lot better than you thought. This understanding frees you up to embrace life and to live according to your own rules.	
	<b>Conclusion</b>	117
Appendix A:	<b>For Teens and Their Parents or Guardians About Therapy and Medication</b>	119
Appendix B:	<b>Helpful Resources</b>	124
Appendix C:	<b>Paruresis</b>	125
Appendix D:	<b>Other Common Types of Anxiety</b>	128

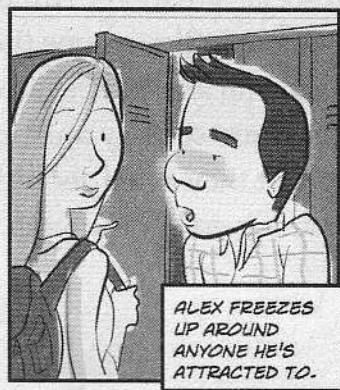
# Socially Anxious

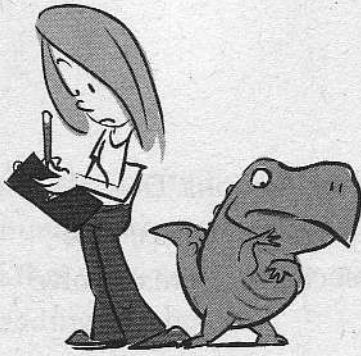
## Are You Missing Out?

When you are at school, a restaurant, or a party, do you worry that people might think something you do is stupid or dumb? Do you think that people might laugh at you? Do you worry that you might do something that will make you feel ashamed or embarrassed? If so, you might be among the one in twenty teens who suffer from social anxiety.

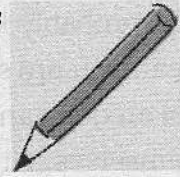
Being concerned about being observed by others and negatively judged is normal for teenagers. Most everybody has experienced feeling nervous, scared, panicky, insecure, embarrassed, or ashamed in social or performance situations.

*Introducing Liz, Alex, Bella, and Brandon, four socially anxious teens who will help you understand social anxiety and learn what you can do about it.*





*Here are some common situations that can trigger social anxiety. Check off each situation that makes you anxious.*



- Answering or talking on the telephone
- Answering questions in class
- Asking someone out
- Asking the teacher a question or for help
- Attending parties, dances, or school activities
- Blushing, shaking, or sweating in front of others
- Eating in front of others
- Entering a room where others are already seated
- Giving a report or reading aloud in front of the class
- Going on a date
- Having your picture taken
- Inviting a friend to get together
- Participating in P.E. class
- Performing in public
- Speaking to adults
- Starting or joining a conversation
- Taking a test
- Talking to new or unfamiliar people
- Texting
- Using school or public bathrooms
- Walking in the hallways or hanging out by your locker
- Working with a group of teens
- Writing on the whiteboard or chalkboard