

Diary 1(b) Social anxiety

Where and when?	How did I feel?	What was it like?	What did I do?
<p>When did I feel anxious? Where was I and what was I doing?</p>	<p>What emotion(s) did I feel? How strong were they? 1 (calm) – 10 (worst possible)</p>	<p>How did it feel in my body? What thoughts or pictures did I have in my mind?</p>	<p>How did I try to cope? How did I feel when I'd done this? 1 (calm) – 10 (worst feelings possible)</p>
<p>At work on Wednesday: had to contribute to a meeting</p>	<p>Fear (Emotions: 8)</p>	<p>Felt paralysed, dry throat, hot. I can't do this – I'll say something stupid and everyone will see that I'm stupid. They are all looking at me. I'll be humiliated.</p>	<p>I said what I had to say without looking anyone in the eye and immediately afterwards I left without speaking to anyone. (Emotions: 5 – I was still tense)</p>
<p>Wednesday evening at home</p>	<p>Anxiety (Emotions: 7)</p>	<p>Nervous, agitated. Thoughts going round: I made a hash of my presentation. I had an embarrassing picture of this in my mind.</p>	<p>I had a couple of drinks. (Emotions: 2)</p>
<p>Sunday evening: dinner at Anthony and Kat's place</p>	<p>Anxiety (Emotions: 8)</p>	<p>Tense, shy, dry throat, blushing. I don't know that couple – I don't know what to say to them. They must think I'm a fool. I must look like a fool – I'm blushing.</p>	<p>I drank to calm my nerves but it just made me less able to talk sensibly and I still felt self-conscious. (Emotions: 6)</p>