MOOD & STRESS - REFLECTION EXERCISE

Social Confidence: Practice Steps

Plan small, manageable ways to participate in social situations.

Choose only steps that feel manageable. Pause or ask a trusted adult or professional for support if needed.

Participant Name: _____ **Date:** _____ **Target: 25m**

1 IDENTIFY THE OVERARCHING SOCIAL FEAR

Specify the core fear: 'Speaking up in tuition class', 'Answering calls from unknown numbers', or 'Eating alone in cafeteria.'

PRACTICAL TIP: Choose one situation you would like to feel more comfortable in.

2 RATE DISTRESS ON THE 0-10 SUDS SCALE

Rate how difficult the situation feels from 0 (not difficult) to 10 (very difficult).

PRACTICAL TIP: This is only your own estimate; there is no right or wrong number.

3 BUILD THE 5-RUNG CHALLENGE LADDER

Write a few practice steps, from easier to harder, such as greeting a classmate or asking one question.

PRACTICAL TIP: Choose a step that feels manageable. You can pause, skip it, or ask someone you trust for support.

4 REVIEW HOW IT WENT

After trying a step, note what happened and what you might choose next time. You do not need to wait for discomfort to disappear.

PRACTICAL TIP: Stop if you feel unsafe or overwhelmed, and ask a trusted adult or qualified professional for help.