



## Social Anxiety Self-Check and Assessment

**Purpose:** Assess how social anxiety shows up in your life and identify one practical, trauma-sensitive step to reduce avoidance and increase confidence.

**How to use:** Answer each question honestly with Yes / Sometimes / No. Tally scores (Yes = 2, Sometimes = 1, No = 0). Total possible score = 20. This is a self-reflection tool, not a diagnosis; use results to choose one paced next step and supportive practice.

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### Questions

1. I avoid social situations I actually want to attend because I fear negative judgment.
  2. In social settings I worry I'll say something embarrassing or be judged harshly.
  3. My heart races, my hands sweat, or I feel dizzy before or during social interactions.
  4. I rehearse conversations or scripts in advance to avoid awkwardness.
  5. I leave events early or arrive late to minimize time spent around others.
  6. I interpret neutral reactions from others as negative or critical.
  7. I rely on alcohol, caffeine reduction, or other aids to make socializing possible.
  8. After social events I replay interactions and feel shame or regret.
  9. I avoid speaking up in meetings or groups even when I have useful ideas.
  10. I want more connection but feel stuck because of anxiety and self-doubt.
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### Scoring Guide

Add your points (Yes = 2, Sometimes = 1, No = 0).

0–7 = Mild Social Discomfort

8–13 = Noticeable Social Anxiety

14–20 = Significant Social Avoidance

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## Result Summaries and Next Steps

**Mild Social Discomfort (0–7).** You feel uneasy sometimes but can usually participate; small refinements will boost ease. Practice one 60-second grounding before social moments and try one tiny approach task this week (e.g., greet one person, ask one question).

**Noticeable Social Anxiety (8–13).** Anxiety often shapes choices and reduces participation; steady micro-practices will build confidence. Use a 3-week exposure plan: one small, planned social approach per week, a brief pre-interaction regulation routine, and a 5-minute post-event reflection focusing on evidence, not story.

**Significant Social Avoidance (14–20).** Anxiety meaningfully limits connection and functioning; combine short practices with professional support if needed. Begin daily 2-minute regulation and weekly graded exposures with clear safety margins; consider consultation with a therapist experienced in social anxiety and paced exposure work.

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### Three Practices (2–5 minutes)

- **60-Second Grounding:** Feet on floor, five slow breaths, notice three things you see; say one steadying sentence (I can be present for this).
- **Neutral Evidence Check (3 minutes):** After an interaction, list objective facts and one alternate neutral interpretation for each negative thought.
- **Tiny Exposure Script (2 minutes):** Prepare a one-line opener (Hi, I'm Joan; how did you find the session?) and practice it once silently before entering the space.

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**Safety and Pacing Notes.** If social anxiety triggers panic, dissociation, or severe avoidance, prioritize regulation practices and seek support from a mental health professional. Scale exposures to micro-steps that feel challenging but safe and include recovery time after attempts.

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*This quiz is for educational and self-reflective purposes only.*