

Get Real with SAD

What if... you #DoThisThing?

If you experience social anxiety disorder (otherwise known as SAD), your mind is plagued with a bunch of “what ifs” that keep the anxiety seeming protective and valuable—versus the all-out pain in the ass that it actually is.

This week, let’s challenge those negative “what ifs” with some positive spins and let’s remember that IRL, both have an equal chance of happening.

In column one, write down your most annoying negative “what ifs.” For example, “What if my mind goes blank during my presentation?” or “What if I get stuff stuck in my teeth at lunch in the cafeteria and everyone laughs at me?”

In column two, write down the alternative positive “what ifs.” For example, “What if I crush my presentation and everyone learns something new from me?” or “What if I enjoy a healthy lunch and have fun in the cafeteria with my friends?”

In the last column, write out what you think is most likely to happen.

NEGATIVE “WHAT IF”	POSITIVE “WHAT IF”	LIKELY OUTCOMES

