

Social Phobia / Anxiety - Conceptualisation Clark & Wells (1995) plus longitudinal elements of Judith Beck (1995)

### Early Experiences

Humiliated by father; parental rejection; outsider at school

#### Core Beliefs

I am useless; I am ugly; I am not good enough; I am unlovable

### Conditional Assumptions / Rules

If I say the wrong thing people will think I am weird or stupid; if I'm tired or anxious then I will say something stupid; saying stupid things equals public humiliation

#### Critical Incident

Moving to job that requires presentations at work

#### Social Situation

Interacting with people at work and in unfamiliar social situations

# Activates Assumptions / Beliefs

I'm going to say something stupid because I am tired; If I say the wrong thing people will think I'm incompetent; If this happens I am labelled.

## Perceived Social Danger

What if I panic and people notice? I am not sharp enough to keep up; if I say the wrong thing they'll see I'm nervous and label me as pathetic.

## Processing of Self

Self-focus; image of looking tired; nervous; anxious look on face; tense posture

Safety Behaviours Avoid eye contact; Don't speak; Interject to introduce; Rehearse what to say.

**Anxiety Symptoms** Heart racing Hot

Sweating Shaking

Knotted stomach Tense