

SOCIAL ANXIETY WORKBOOK



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Self Help Strategies for Social Anxiety

If you have social anxiety disorder, there are a number of strategies that you can use to learn to overcome your fear of social situations. For social anxiety disorder, tools in the toolbox include: TOOL #1: Observing your social anxiety. An important first step in learning to manage social anxiety involves better understanding your social anxiety.

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This handy workbook from social anxiety expert Edmund J. Bourne, Ph.D., has already been put to good use by over one million people. It can help with all kinds of fears and anxiety, from generalized anxiety disorder, social anxiety, and panic attacks, to specific phobias, obsessive-compulsive disorder, and other anxiety-related issues.

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The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (A New Harbinger Self-Help Workbook) Jun 1, 2013. by Jan E. Fleming and Nancy L. Kocovski. Paperback. \$20.74 \$ 20 74 Prime.

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Treatment manual and patient workbook crufad.org; Social anxiety disorder Shy No Longer Coping with social anxiety is a 12-module self-help programme developed by the Centre for Clinical interventions (Australia) Link to website Shyness and social anxiety a self help guide is an excellent resource ntw.nhs.uk archive.org

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The Mindfulness Acceptance Workbook for Social Anxiety Shyness

The Mindfulness & Acceptance Workbook for Social Anxiety & Shyness 6 Suggested Eight-Week Schedule for the Workbook* Week Things to Do 1 Social-Anxiety Playing Field & Safety Mode Read, and do the exercises, in chapters 1 & 2. 2 Values and Goals Read, and do the exercises, in chapter 3. Note: The Values and Goals Worksheet can be revised if

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CCI Social Anxiety Self Help Resources

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