Double Trouble Tamer: Worksheet for Social Anxiety and OCD

Social anxiety and OCD can turn casual chats into a mental minefield, complete with intrusive thoughts like "What if I blurt out something unforgivable?" and compulsions to rehearse every word. This worksheet combines Acceptance and Commitment Therapy (ACT) to accept the chaos without letting it hijack the conversation, Cognitive Behavioral Therapy (CBT) to dismantle distorted beliefs like "One awkward pause means I'm doomed," and Exposure and Response Prevention (ERP) to practice social scenarios without the escape pod. The result? Fewer spirals, more genuine interactions—because life's too short for fake small talk. Expect 15-20 minutes; humor included to keep it from feeling like a therapy TED Talk.

How to Use This Worksheet

Work through the sections sequentially or as needed. Rate anxiety or belief on a 0-10 scale (0 = nonexistent, 10 = full panic mode) to track progress. Examples target social-OCD overlaps, like fearing a slip-up reveals your "inner villain." No rush—treat it like debugging a glitchy app, not defusing a bomb.

1. ACT: Defuse the Intrusions, Activate Your Values

ACT treats obsessive thoughts as uninvited party crashers—acknowledge them, then pivot to what you value, like "authentic curiosity" over "flawless delivery." It's like telling your brain, "Cool story, but I'm here for the plot twist of real talk."

Defusion Drill: Select an intrusive thought, e.g., "If I joke wrong, I'll offend everyone and get canceled by lunchtime." Assign a absurd label to strip its power, like "Cancelpocalypse Clown—honk if you're dramatic."

Your Thought: _____
Absurd Label: _____
Belief Stickiness (0-10): Before _____ / After _____ Why the shift? (e.g., "Now it's a bad sitcom, not Shakespeare.") _____

Values Ignition: Identify a social value, e.g., "Sparking joy without a script." Value: Micro-Action: (e.g., "Compliment a stranger's shoes—worst case, fashion faux pas.") Post-Action Vibe: _____(e.g., "Awkward? Yes. Armageddon? No.")

2. CBT: Interrogate the Inner Prosecutor

CBT exposes thinking traps like fortune-telling ("This chat will bomb spectacularly") or emotional reasoning ("Nerves = I'm unlikeable"). Gather evidence to demote them from judge to jester.

Thought Autopsy: Thought: _____(e.g., "They'll spot my stutter and label me incompetent.") Trap Type: _____(e.g., "Mind-reading their eye-rolls.")

Evidence Pro: _(e.g., "That one meeting where I tripped over words.") Evidence Con: _____(e.g., "People stutter daily; TED speakers do it too.")

Revised Narrative: _____(e.g., "Stutters happen—doesn't downgrade my wit.") Anxiety Level (0-10): Before _____ / After _____ Humor Note: _____(e.g., "Brain's crystal ball is fogged by coffee breath.")

3. ERP: The Social Gauntlet—Without the Parachute

ERP is your boot camp for tolerating social discomfort sans compulsions (no post-mortem replays). Build a ladder of scenarios; climb it like a bad game of Chutes and Ladders—mostly ladders if you persist.

Ladder of Lunacy: Rate 5 scenarios 0-10 for anxiety.

1. _(e.g., "Nod hello to barista") Anxiety: _____ 2. _Anxiety: _____ 3. _Anxiety: _____ 4. _____Anxiety: _____ 5. _____(e.g., "Join group dinner chat") Anxiety: _____

Low-Rung Launch: Target 3-4 anxiety level. Execute sans safety net (e.g., no fidget-spinning escape). Outcome: _____(Peak Anxiety: _____, Final: _____) Compulsion Dodged: _____(e.g., "Skipped the 'what if' autopsy—shocking!") Plot Twist: _____(e.g., "They laughed at my pun. OCD owes me royalties.")

End Credits: Your Blooper Reel Insights

Key Punchline: _____(e.g., "Thoughts are hecklers—I'm the headliner.")

Next Gig: _____(e.g., "Rung 2: Grocery store chit-chat.")

Parting Gag: Social life's an open mic—bombs build better comics. Your OCD's just the warm-up act; steal the mic next time.