
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