Social Anxiety Disorder (SAD)

Cognitive Thinking Patterns for SAD: Check boxes you relate to.

Catastrophizing:	Imagining and believing in the worst-case scenario in social situations.	
Mind Reading:	Believing you know what others are thinking about you. Believing others are judging you negatively with no factual evidence.	
Fortune Telling:	Believing that social situations will go poorly before they occur. Projecting criticism or rejection.	
All or Nothing Thinking	Black or white thinking. Either they will love me or hate me. I may either be accepted or rejected.	
Personalization:	Self-blame for social interactions not going well or, as hoped, taking too much responsibility to make and hold up conversations. Believing others are scrutinizing you.	
Overestimating Risk:	Over-evaluating the risk that the chances of a social encounter will go badly, something will go wrong. Belief that a social disaster is more likely to happen than is reasonable.	
Anticipatory thoughts	Expecting failure or embarrassment.	

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