1. What goes through your mind when you are confronted with that situation? What do you think is the worst thing that would happen if you went into it? What do you think people would think/notice? What would be so bad about that? After you avoid one of these situations, what goes through your mind?

2. What went through your mind? What was the worst you thought could happen? What did you think people would think/notice? What would be so bad about that?

3. When you thought ____ would happen, what did you notice happening in your body? Suggest symptoms of anxiety.

4. As you became anxious and thought ____ would happen, did you try to do anything to prevent it from happening? Did you do anything to prevent people from noticing?

5. When you are afraid ____ will happen, what happens to your attention? Do you become more self-conscious? As you focus attention on yourself, what do you notice? Do you have an image of how you appear? Do you have an impression of how you feel you are coming across to others? What does it look like? Do you also experience this image when you are thinking about being in situations that you avoid completely?

6. As you did (SBs,) did that make you focus more or less attention on yourself?

7. As you noticed yourself becoming more anxious, what effect did that have on your attention?

8. When you did SBs, what effect did they have on your anxiety?

Form 3. Annotated Model of Social Phobia

Ledley, Foa, & Huppert