Social Interaction Log

Date: ___Jan 4_ Length: _3 minutes_ SUDS Level: _60____ Interfering Thoughts?_yes_

Situation: _conversation with coworker_____

Mood: _____anxious_____Initiated by: _____me_____ Finished by: _me_____

Outcome: -3 -2 -1 0 +1 +2 +3   How shy (%): __60_____ How pleasant (%) __30_____

Thoughts about yourself: __I won't be able to think of anything to say, I sound stupid_____

Thoughts about other(s): ___He is smart, confident_____

Feelings towards other(s): _I liked him, enjoyed conversation a little,_____

Comments:

Not as hard as I thought to approach him, but I got nervous and cut it short and felt badly

Date: __Jan 5__ Length: _2 min_____ SUDS Level: __70_____ Interfering Thoughts? _yes__

Situation: <u>check out line at super market, commented on weather</u>

Mood: <u>anxious, attracted</u> Initiated by: <u>me</u> Finished by: <u>me</u>

Outcome: -3 -2 -1 0 <u>+1</u> +2 +3   How shy (%): <u>80</u>   How pleasant (%) <u>60</u>

Thoughts about yourself: <u>I sound awkward, I look foolish</u>

Thoughts about other(s): <u>She seems friendly, she is pretty, she has to be nice to customers</u>

Feelings towards other(s): <u>nervous, interested</u>

Comments:

She wasn't as cold as I thought, and her smile made the interaction more pleasant than I thought, but I did not trust her friendliness and I was afraid I was intruding