

**Social Interaction Log**

Date: \_\_\_\_\_ Length: \_\_\_\_\_ SUDS Level: \_\_\_\_\_ Interfering Thoughts? \_\_\_\_\_

Situation: \_\_\_\_\_

Mood: \_\_\_\_\_ Initiated by: \_\_\_\_\_ Finished by: \_\_\_\_\_

Outcome: -3 -2 -1 0 +1 +2 +3 How shy (%): \_\_\_\_\_ How pleasant (%) \_\_\_\_\_

Thoughts about yourself: \_\_\_\_\_

Thoughts about other(s): \_\_\_\_\_

Feelings towards other(s): \_\_\_\_\_

Comments: