## **Social Interaction Log**

Date: Length:	SUDS Level:	Interfering Thoughts?	
Situation:			
Mood:Initiate	ed 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:			

 $\hbox{@}$  1996, The Shyness Institute. The rapist use permitted. All other rights reserved.