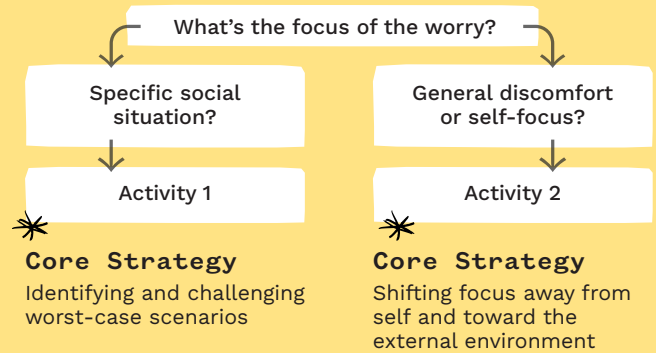


Social anxiety

Overcome social avoidance



Choosing the right activity



Activity 1

Analogue activity: face the fear

This is for specific, recurring worries about social situations (e.g., “I’ll say something stupid and people will laugh”).

Action

Help the young person work through their fear using these three questions:

1

— Ask
“What’s the worst that could happen?”

2

— Rate
“How likely is that to happen?” (0–100%)

3

— Plan
“If it happens, how could you handle it?”
Has it happened before?
What did you do?
What would you say to a friend with this fear?



Reflect

“Did thinking it through make it less scary?”
“Any new insights?”



MOST Companion Activity: Three questions to challenge social fears

How it helps:

- Presented as a digital graphic
- Supports different learning styles
- Visuals break the process into bite-sized steps, reducing cognitive load

Suggest to...

Click ‘Suggest to...’ inside MOST to recommend the activity to a young person

Where to find it



Click here for: **Under 15** | **15+** or

Click Explore in the navigation menu

- Scroll to ‘Clinician’s Corner’
- Click ‘Three questions to challenge social fears’

Supporting prompts

“What did you notice after naming and rating your worst-case scenario?”

“If it happened, how would you cope?”

Common pitfall

Overthinking worst-case scenarios

Young people may get stuck trying to name every possible fear at once.

Try this instead: Start with just one scenario. Work through the steps, then repeat as needed.

Social anxiety

Overcome social avoidance



Activity 2

This is for moments when self-focused, anxious thoughts dominate (e.g., “Everyone is looking at me,” “I look awkward”).

What it is:

A 2-minute guided audio exercise designed to help young people shift focus from internal worries (e.g. “*How am I coming across?*”) to external cues in their environment.

What it includes:



Role-play scenarios that model noticing sounds, sights, and small details before or during social situations



A visual format that breaks the activity into bite-sized, digestible steps

How it helps:

- Supports accessibility and self-paced learning
- Suitable for varied attention spans, learning speeds, and access needs (e.g. visual impairments or reading difficulties)
- Can be added to the young person's Toolkit for daily or in-the-moment practice

Supporting prompts

“You can practise this skill anywhere—even for a minute at a time.”

“What did you pick up in your environment when you shifted your focus?”

“How did that change how you felt?”

Common pitfall

Overthinking how to refocus attention

Young people may feel unsure where to start or try to do too much at once.

Try this instead: Use brief, structured exercises. Keep it to just 3 minutes to begin with.



Find it on MOST: Practice being present in the conversation

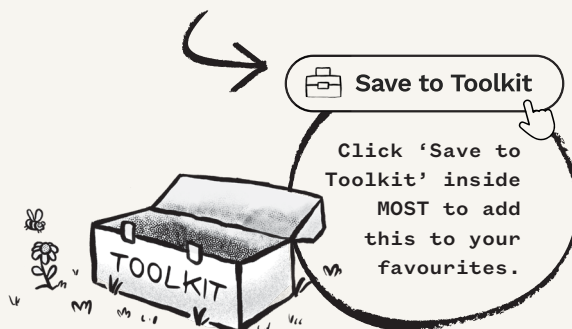
Where to find it

Click here for: **Under 15** | **15+** or



Click Explore in the navigation menu

- 1 Scroll to ‘Clinician’s Corner’
- 2 Click ‘Practice being present in the conversation’



Click ‘Save to Toolkit’ inside MOST to add this to your favourites.



Clinician tip

Practicing skills in real-world settings helps young people build confidence and reduce avoidance.

The MOST community is a supportive, non-judgemental social network. It's a safe place for young people to practice, before using new skills in everyday life.