Keeping Well After Building Social Confidence

THE TALKING THERAPIES UK SELF-HELP SERIES



Keeping Well After Building Social Confidence

Maintaining your social confidence and long-term wellbeing

A self-help workbook · 7 modules · about 7 weeks

TALKING THERAPIES UK

First edition · 2026

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First edition, 2026.

This workbook accompanies the Keeping Well After Building Social Confidence programme on the Talking Therapies UK self-help platform. Its text is drawn from the programme and is kept current with it: whenever the programme changes, the workbook is set again.

Revision 9. This printing was set on 18 November 2026 from the programme as it stood that day.

A note on using this workbook. It offers self-help based on established psychological approaches for difficulties of mild to moderate severity. It is not a substitute for assessment or treatment by a qualified professional and is not designed for use in a crisis. The examples in it are fictional; no real person appears in them. If you are worried about your safety, or your difficulties are getting worse, the page headed “When self-help is not enough” says where to turn.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this workbook

This self-help programme is designed to help you consolidate your progress, protect against setbacks, and maintain your social confidence over the long term. Drawing upon evidence-based cognitive behavioural therapy (CBT) and relapse prevention principles, the programme provides practical tools to help you identify early warning signs, manage residual anxiety, and continue living a fulfilling social life. Through structured exercises and reflections, you will build a robust, personalised maintenance plan tailored to your unique goals and values. What the programme covers, module by module. There are seven modules of about 30 minutes each, to be worked through on your own and at your own pace. Module 1: Celebrating Progress and Reflecting on Your Journey (looking back to move forward with confidence). In this opening module, you will review your achievements and identify the specific strategies that helped you build social confidence. By acknowledging how far you have come, you will strengthen your motivation and build a solid foundation for long-term maintenance. Module 2: Understanding Relapse and Setbacks (normalising the ups and downs of social growth). You will explore the difference between a minor slip and a full relapse in social confidence, learning to view setbacks as normal learning opportunities rather than failures. This module helps you reframe difficult social encounters so they do not derail your progress. Module 3: Spotting Early Warning Signs (catching avoidance and unhelpful thoughts early). You will learn to recognise the subtle physical, behavioural, and cognitive signs that indicate your social confidence might be slipping. By identifying early warning signs like safety behaviours or subtle avoidance, you can take proactive steps before anxiety takes hold. Module 4: Your Personalised Maintenance Plan (creating a roadmap for continued social engagement). You will develop a bespoke, step-by-step action plan that outlines your core coping tools, ongoing social goals, and daily habits. This practical blueprint ensures you have clear guidance on what to do when faced with challenging social situations. Module 5: Managing High-Risk Situations and Life Transitions (staying resilient through stress, fatigue, and change). This module helps you identify specific triggers, life stressors, and transitions that can test your social confidence. You will apply cognitive and behavioural strategies to prepare for these high-risk periods and protect your well-being. Module 6: Cultivating Self-Compassion and Managing Inner Critics (treating yourself with kindness when social interactions are tough). You will explore how self-criticism fuels social anxiety and learn evidence-based techniques to cultivate a kinder, more supportive inner voice. By building self-compassion, you will recover more quickly from difficult social experiences. Module 7: Looking Ahead: Living a Values-Based Social Life (moving from anxiety management to meaningful connection). In this final module, you will shift your focus from simply managing symptoms to living a rich, values-driven life aligned with your personal social goals. You will establish a long-term vision for your relationships and community engagement to ensure lasting fulfilment.

This workbook is the written form of the Keeping Well After Building Social Confidence programme on the Talking Therapies UK self-help platform. It follows the programme module by module: each part of the book is one module, and each chapter is one piece of the module’s teaching, set in the order the programme presents it.

Read the chapters of a part in order, then turn to the worksheets that follow them. The worksheets are the part of the work that changes things, so give them the time they ask for and come back to them as the weeks go on. You may copy or print the worksheets for your own use, as often as you need.

Most people work through one module a week, which takes the whole programme about 7 weeks. Go at the pace that suits you: a module done properly is worth more than two done quickly.

The check-in questionnaires let you see how things are changing. Complete each one when you reach it, note the date and your total, and compare it with the last.

When self-help is not enough

- If you are in danger now, or have seriously harmed yourself, call 999 or go to your nearest accident and emergency department.
- If you need help urgently but it is not an emergency, call NHS 111 or contact your GP surgery.
- Samaritans are there day and night, every day of the year: call 116 123 free from any phone.
- If you would rather not talk, text SHOUT to 85258 for free, confidential support at any hour.
- If your difficulties are getting worse as you work through this book, or you find yourself thinking about ending your life, stop and speak to your GP or a mental health professional. A workbook can be a good start, and some difficulties need more help than a book can give.

What this workbook will help you to do

- In this opening module, you will review your achievements and identify the specific strategies that helped you build social confidence. By acknowledging how far you have come, you will strengthen your motivation and build a solid foundation for long-term maintenance.
- You will explore the difference between a minor slip and a full relapse in social confidence, learning to view setbacks as normal learning opportunities rather than failures. This module helps you reframe difficult social encounters so they do not derail your progress.
- You will learn to recognise the subtle physical, behavioural, and cognitive signs that indicate your social confidence might be slipping. By identifying early warning signs like safety behaviours or subtle avoidance, you can take proactive steps before anxiety takes hold.
- You will develop a bespoke, step-by-step action plan that outlines your core coping tools, ongoing social goals, and daily habits. This practical blueprint ensures you have clear guidance on what to do when faced with challenging social situations.
- This module helps you identify specific triggers, life stressors, and transitions that can test your social confidence. You will apply cognitive and behavioural strategies to prepare for these high-risk periods and protect your well-being.
- You will explore how self-criticism fuels social anxiety and learn evidence-based techniques to cultivate a kinder, more supportive inner voice. By building self-compassion, you will recover more quickly from difficult social experiences.
- In this final module, you will shift your focus from simply managing symptoms to living a rich, values-driven life aligned with your personal social goals. You will establish a long-term vision for your relationships and community engagement to ensure lasting fulfilment.

PART 1

Celebrating Progress and Reflecting on Your Journey

Looking back to move forward with confidence

CHAPTER 1

Welcome to Your Staying on Track Programme: Orientation and the Value of Looking Back

Welcome to the first module of the “Keeping Well After Building Social Confidence” programme. Over the course of these seven modules, this self-help programme is designed to help you consolidate your progress, protect against setbacks, and maintain your social confidence over the long term. Drawing upon evidence-based cognitive behavioural therapy (CBT) and relapse prevention principles, the programme provides practical tools to help you identify early warning signs, manage residual anxiety, and continue living a fulfilling social life. Through structured exercises and reflections, you will build a robust, personalised maintenance plan tailored to your unique goals and values.

In this opening module, titled “Celebrating Progress and Reflecting on Your Journey,” our learning outcomes focus on reviewing your achievements and identifying the specific strategies that helped you build social confidence. By acknowledging how far you have come, you will strengthen your motivation and build a solid foundation for long-term maintenance.

It is entirely normal to feel a mixture of excitement and mild apprehension as you transition from active psychological therapy into a phase of self-management. You might wonder whether your improvements will stick, or how you will handle future social challenges without weekly support. That is precisely why we begin by looking backward. By taking stock of your journey, you shift your focus from vague hope to concrete evidence of your own capability.

A NOTE

Remember, progress in psychological therapy is rarely a straight line. Taking a moment to map out your wins, no matter how small they felt at the time, helps your brain encode these positive experiences as enduring personal strengths.

CHAPTER 2

Welcome to Your Staying on Track Programme: Orientation and the Value of Looking Back

Welcome to 'Keeping Well After Building Social Confidence', a self-help programme designed to help you consolidate your progress, protect against future setbacks, and maintain your social confidence over the long term. Drawing firmly upon evidence-based cognitive behavioural therapy (CBT) and established relapse prevention principles, this seven-module programme provides practical tools to help you identify early warning signs, manage residual anxiety, and continue living a fulfilling social life. Through structured exercises and honest reflections, you will build a robust, personalised maintenance plan tailored entirely to your unique goals, everyday challenges, and core values.

As we embark on Module 1: 'Celebrating Progress and Reflecting on Your Journey', our primary task is to look back so that you can move forward with genuine confidence. In psychological therapy, when people make meaningful changes—such as overcoming social anxiety, speaking up in meetings, or reconnecting with friends—they often rush past their achievements. As soon as one hurdle is cleared, the mind tends to fixate on the next mountain, or it quietly whispers that any success was simply a fluke. This is a very common human tendency, but it is also a significant barrier to long-term recovery. If you do not pause to acknowledge what you have done and understand how you did it, your brain cannot update its database of beliefs about your capabilities.

A NOTE

Remember that reflection is not an act of self-indulgence; it is a vital clinical process. By deliberately reviewing your journey, you transform fleeting moments of success into durable, accessible psychological resources that you can draw upon whenever life throws a curveball.

Consider how cognitive behavioural therapy explains the maintenance of anxiety. When we struggle with social confidence, our minds develop rigid, fearful predictions about social situations. We assume we will stumble, be judged, or be unable to cope. When we enter therapy or start working through self-help material, we begin testing these predictions through behavioural experiments, gradual exposure, and cognitive restructuring. Over time, we gather contradictory evidence that disproves our old fears. However, if we fail to consolidate this evidence, our brains default to old habits during times of stress. Celebrating progress is the psychological glue that solidifies these new, adaptive neural pathways.

Sarah had spent two years avoiding social gatherings due to intense public self-consciousness. After completing an anxiety management course, she noticed she was now attending weekly dinner parties and speaking up at work. Yet, when she sat down to start this module, she dismissed her progress, thinking, 'Anyone can go to a dinner party; it is no big deal.' Her supporter encouraged her to review her diary from six months prior. Reading her old entries—where she described shaking before even opening an email from a colleague—hit Sarah with the reality of her

change. She realised she had fundamentally shifted her relationship with anxiety. She stopped seeing herself as inherently fragile and began to see herself as someone who could feel nervous and still participate fully. This shift in identity was the turning point that allowed her to value her achievements.

To begin this process for yourself, you need to step back from the day-to-day effort of managing your thoughts and feelings and take a panoramic view of your entire journey. Think back to the moment you first decided to seek help or pick up this programme. What was your life like then? What thoughts dominated your mind when you anticipated social interactions? What physical sensations accompanied your anxiety? Contrast that snapshot with your life today. Even if you still experience moments of doubt or nerves—which is entirely normal and expected—what can you do now that you could not do previously?

As you map out this contrast, you may notice a mixture of emotions. Some people feel a profound sense of pride; others feel a quiet relief mixed with lingering surprise. Occasionally, people even feel a touch of sadness for the years they spent constrained by anxiety. All of these feelings are valid. The key is to stay with the process of review rather than brushing your observations aside. CBT teaches us that our thoughts shape our feelings and behaviours. By actively generating thoughts of acknowledgment and validation (‘I worked hard for this’, ‘I faced difficult fears’), you foster positive emotional states like self-efficacy and resilience, which act as a powerful buffer against future relapses.

CHAPTER 3

Unpacking the Mechanics of Change: Identifying Your Active Ingredients

Acknowledging that you have made progress is an essential first step, but the next clinical task is to understand precisely how you made it happen. People often attribute their recovery to luck, the passage of time, or external circumstances ('I only got better because my work environment changed'). However, attributing your success to external factors leaves you feeling vulnerable, as if your confidence depends entirely on conditions remaining perfect. Relapse prevention places great weight on recognising your own active role in creating and sustaining change.

In CBT, we talk about 'active ingredients'. Just as a medication contains specific chemical compounds that target an illness, psychological programmes contain specific behavioural and cognitive techniques that alter how our brains process threat. To protect your progress, you need to identify which specific tools, strategies, and mindset shifts were most effective for you. Did you benefit most from challenging negative automatic thoughts? Did graded exposure—facing feared social situations step by step—make the biggest difference? Or perhaps learning self-compassion and dropping safety behaviours like avoiding eye contact or rehearsing sentences in your head were the true turning points?

A NOTE

When we ask people what cured their anxiety, they often say 'everything and nothing'. But breaking your recovery down into distinct components allows you to build a targeted 'toolkit' that you can inspect, maintain, and deploy when old patterns try to creep back in.

Let us examine how different cognitive behavioural strategies work beneath the surface so you can identify which ones you have been using. First, consider cognitive restructuring: the practice of catching biased thoughts (such as 'Everyone is judging my every move') and examining the evidence for and against them. If this was a key strategy for you, your active ingredient was cognitive flexibility—the ability to step back from your thoughts and view them as hypotheses rather than absolute facts. Second, consider behavioural experiments and exposure. If you pushed through your comfort zone, stayed in social situations until your anxiety naturally peaked and began to decline, and dropped your safety behaviours, your active ingredient was inhibitory learning—teaching your amygdala that social environments are generally safe even when they feel uncomfortable.

Mark had successfully reduced his social anxiety around dating and forming new friendships. When reviewing his progress in Module 1, he initially thought, 'Time healed it.' However, when prompted to look closer, Mark realised that time alone had not helped during the five years he spent avoiding dating apps entirely. The real change occurred over the last four months when he applied two specific rules: first, he stopped scripting every word he planned to say on a date (dropping a safety behaviour); and second, he reframed awkward silences not as proof of his inadequacy, but as a normal part of human conversation (cognitive restructuring). By identifying

these precise actions, Mark stopped viewing his recovery as a mystery and started viewing it as a skill set he owned and could practise.

As you review your own journey, ask yourself: what were the hardest moments, and how did I navigate them? What advice would I give to someone who is standing right where I stood six months ago? This question is particularly powerful because it externalises your wisdom. Often, we are much better at counselling others than we are at believing in ourselves. When you articulate the strategies that helped you—whether it is scheduling worry time, using diaphragmatic breathing to ground your nervous system, or simply accepting that anxiety is a passenger rather than the driver—you are solidifying those concepts in your long-term memory.

Furthermore, identifying your active ingredients helps you distinguish between temporary lapses and full-blown relapses. A lapse is a brief slip or a temporary return of high anxiety during a stressful week; a relapse is a sustained return to old, entrenched avoidance patterns. If you know how you recovered, a lapse does not turn into a crisis. You simply look into your mental toolkit, select the active ingredient that worked previously—such as setting up a small, manageable exposure task or challenging a surge of self-critical thoughts—and apply it deliberately. Understanding the mechanics of your change ensures you are never left guessing when minor setbacks occur.

CHAPTER 4

Building a Solid Foundation for Maintenance: Shifting from Active Treatment to Long-Term Living

The final piece of Module 1 involves a subtle but profound shift in perspective: moving from the intensity of active treatment to the steady rhythm of long-term maintenance. In many mental health interventions, the primary focus is on symptom reduction—making the anxiety go away or decreasing its frequency and intensity. While this is a crucial starting point, relapse prevention requires a broader paradigm shift. The goal of this programme is not to help you achieve a state of permanent, clinical perfection where you never feel anxious, awkward, or self-conscious again. Such a state does not exist for human beings. Instead, the goal is to help you build a rich, values-based life in which anxiety is allowed to exist without running the show. Think of anxiety not as an enemy to be defeated, but as a passenger in the car of your life. You are the driver. The passenger may shout, grip the steering wheel, or look out the window with worry, but you decide where the car goes.

In cognitive behavioural therapy, we recognise that striving for zero anxiety often backfires. When you make it your primary rule that you must never feel nervous, you inadvertently create a meta-anxiety—anxiety about feeling anxious. You monitor your internal state constantly, looking for signs of a racing heart or a trembling voice, which actually triggers the fight-or-flight response. Long-term maintenance, therefore, requires redefining what 'success' looks like. Success is no longer the absence of fear; it is the presence of courage. It is stepping forward into a social setting that matters to you, even when your palms are slightly damp and your mind is offering up unhelpful predictions. This shift is about tolerance rather than elimination. It is about accepting that discomfort is part of the human experience, especially when we are growing.

A NOTE

Beware of the 'cure trap'—the belief that once you finish a self-help programme, you should be completely immune to setbacks. Expecting perfection sets you up for discouragement when everyday stressors inevitably trigger old anxieties. Remember, maintenance is not about never slipping; it is about how quickly and kindly you return to your practice when you do.

To build a solid foundation for the remainder of this programme, we must connect your progress directly to your core values. Goals are specific outcomes you want to achieve (e.g., attending a networking event, joining a local club, speaking up during a family dinner), but values are the deeper principles that guide how you want to live your life (e.g., connection, authenticity, courage, curiosity, contribution). When anxiety flares up in the future, goals can sometimes feel overwhelming or unimportant. Values, however, remain constant. They act as an internal compass, reminding you why you are putting in the effort to maintain your social confidence in the first place. If a goal feels like a burden, asking 'what value does this serve?' can reignite your motivation. It moves the focus from 'I have to do this to be normal' to 'I am doing this because it aligns with who I want to be.'

Elena had worked hard to overcome her fear of public speaking, successfully delivering a presentation at work. As she began her relapse prevention work, she reflected on why she had pushed herself through the terror of those exposures. She realised that her goal was the presentation, but her underlying value was 'creative contribution'—she wanted her ideas to help her team, and she wanted to feel connected to her colleagues rather than isolated behind a wall of shyness. Realising this transformed her maintenance plan. She understood that even if she felt nervous before her next meeting, the discomfort was a worthwhile price to pay for living in alignment with her value of contribution. The anxiety lost its power to stop her because her sense of purpose was vastly larger than her fear. She stopped waiting to feel brave before she acted; instead, she acted bravely because it mattered to her.

Consider the everyday reality of this shift. Imagine a scenario where you are invited to a casual dinner party with friends you have not seen in a while. Your old pattern might be to cancel at the last minute because you feel 'too anxious' or worry that you will be boring. In the past, you might have viewed this cancellation as a necessary self-protection. Now, you look at this through the lens of your values. Perhaps your core value is 'connection'. You ask yourself: 'Does staying home serve my value of connection?' The answer is no. 'Does going, even if I feel awkward, serve my value of connection?' The answer is yes. This does not mean you will enjoy every moment or feel completely at ease. It means you are choosing to be present in a situation that matters to you, accepting that some discomfort is the cost of living a connected life. This is the essence of maintenance: making small, consistent choices that align with your values, rather than large, dramatic leaps that rely on feeling 'cured'.

As you conclude this opening module, take a moment to consider what kind of foundation you are laying for the modules ahead. You have looked back at where you started, recognised the distance you have travelled, and identified the specific active ingredients that drove your transformation. Now, you are positioning yourself to look forward. Maintaining social confidence is not a one-time event; it is an ongoing practice of self-awareness, kindness, and courageous choice. It is like tending a garden. You do not plant the seeds once and walk away. You water them, weed the bed, and protect them from frost. Some days the garden will look lush and green; other days it may look a bit patchy. Both are part of the process. Neither means you have failed.

In the upcoming modules of this programme, you will learn how to spot the very earliest warning signs of slipping back into avoidance, how to handle the inevitable bumps in the road without panicking, and how to fine-tune your lifestyle to support long-term well-being. But for right now, give yourself credit for the work you have already done. By engaging with this material, you are actively investing in your future self—a self that is capable, connected, and free to engage with the world on your own terms. You are building a resilience that is not based on the absence of fear, but on the presence of meaning. This is a solid foundation, and it is one you have earned.

WORKSHEET

Unpacking the Mechanics of Change: Identifying Your Active Ingredients

To build a reliable maintenance plan, we first need to understand what has actually worked for you. When people experience improvements in their social confidence, it is easy to attribute it to "luck" or to think "it just faded away on its own." In CBT, however, we know that change is driven by specific, active ingredients—the shifts in your thinking, the new behaviours you tried, and the safety-seeking habits you dropped.

In this exercise, you are going to unpack the mechanics of your change. Take a few moments to review the last few months. What specific tools made the biggest difference? Was it dropping safety behaviours, challenging catastrophic predictions, or gradually facing feared social situations?

Sarah reflected on her social anxiety journey and noted two main active ingredients:

Behavioural experiments: Staying at social gatherings for 30 minutes without checking her phone as a distraction.

Cognitive restructuring: Catching the thought "Everyone is judging my stutter" and replacing it with "People are simply listening; a pause is normal."

Now, use the space below to list your own active ingredients. Be as specific as possible. Instead of writing "I got better at talking to people," write "I asked one open-ended question per conversation and tolerated the brief silence that followed."

Be honest with yourself about the effort you put in. These achievements belong entirely to you, earned through courage and consistent practice.

CHAPTER 5

Building a Solid Foundation for Maintenance: Shifting from Active Treatment to Long-Term Living

Reflecting on your active ingredients brings us to a crucial psychological shift: moving from active treatment mode to sustainable, long-term living. When we are actively working through a therapeutic programme, we often feel a sense of structured momentum. Maintenance requires a different mindset—one of quiet stewardship and everyday application.

As you look over the strategies you identified in the previous exercise, ask yourself: How can these tools become ordinary habits rather than clinical tasks? For instance, challenging unhelpful thoughts or engaging in approach behaviours should no longer feel like homework from a manual. Instead, they are simply part of how you choose to inhabit your social world.

“Confidence is not the absence of anxiety; it is the willingness to participate fully in life while carrying it.”

Take a moment to consider what obstacles might arise as you step into this independent phase. What does a solid foundation look like for you on a difficult day? Acknowledging these nuances now ensures that your progress remains protected as you move forward.

CHAPTER 6

Summary and Next Steps: Carrying Your Momentum Forward

You have now completed the first module of your Staying on Track programme. Let us take a brief moment to summarise the ground we have covered today:

- Orientation: We introduced the core purpose of this 7-module journey—consolidating your gains, protecting against setbacks, and safeguarding your social confidence for the long term.
- Celebrating Progress: We established the clinical value of looking back. By reviewing your journey, you combat the negativity bias that often minimises personal achievements.
- Active Ingredients: Through structured reflection, you identified the specific CBT mechanisms—such as dropping safety behaviours and testing anxious predictions—that drove your success.
- Sustainable Maintenance: We explored the transition from active therapy to long-term living, reframing your new skills as everyday habits rather than temporary exercises.

A NOTE

Write down one key insight you are taking away from Module 1 and keep it somewhere accessible, such as the notes app on your phone or on a sticky note by your desk.

As you look ahead to Module 2, "Mapping Your Personal Relapse Signature and Early Warning Signs," you will learn how to spot the very earliest whisper of returning social anxiety before it has a chance to gather momentum. Recovery is not about never feeling anxious again; it is about knowing precisely what to do when the old patterns knock on the door. You have built a remarkable foundation today. Carry this momentum with you into the next module.

CHECK-IN

Mood check-in (PHQ-9)

Before you begin, take a few minutes to complete this short questionnaire. It is the same one used in NHS Talking Therapies and gives us a baseline against which to measure your progress over the programme.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (3)
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3

4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

Total: _____ Date: _____

Add up the numbers you have circled. A total of 0 to 4 suggests minimal symptoms of depression, 5 to 9 mild, 10 to 14 moderate, 15 to 19 moderately severe and 20 to 27 severe. Note your total and the date, so you can compare the next check-in with this one.

If you circled anything other than 0 for the last question, please talk to your GP or call NHS 111 today. If you are in danger now, call 999.

The PHQ-9 and GAD-7 were developed by Drs Robert L. Spitzer, Janet B. W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission is required to reproduce, translate, display or distribute them.

CHECK-IN

Everyday life check-in (WSAS)

And one more short questionnaire about how things are affecting everyday life: work, home, social life, relationships and leisure. Functioning often recovers on a different timetable to symptoms, and it matters just as much.

This check-in uses the WSAS (Work and Social Adjustment Scale). If you are using the online programme, complete it there, where your scores are kept and compared for you. If you are working from this book alone, your GP or therapist can give you a copy.

WORKSHEET

Taking this forward

Before you move on, take two minutes to make this module harder to lose. Skills fade fastest in exactly the moments they are needed most, so the work here is to decide now, while things are steady, what you will reach for when they are not.

If things ever feel much worse rather than better, that is a signal to reach out rather than push on alone: use the messaging button to contact the practice, speak to your GP, or if you feel unsafe right now contact 999 or the Samaritans on 116 123.

Three short answers, in your own words. First: what single idea or skill from this module do you most want to keep? Second: when, realistically, will it be hardest to use, name the actual situation. Third: what exactly will you do in that moment? Write it as a sentence you could follow when stressed.

The end of the sample

This is a free sample of “Keeping Well After Building Social Confidence”, and it ends here.

Everything you have read here is from the opening of the book, set exactly as it is printed in it. The rest follows in the same way, chapter by chapter, with its worksheets, its examples and its reference list.

The full book is on sale in the Talking Therapies UK shop. A copy is yours to keep, as a PDF and an ebook, licensed to you by name: a short line saying so is printed at the foot of each page of the PDF and on the title page of the ebook.