

Appendix 1.

English translation

1. Despite feeling socially anxious at times, I am in control of my life.
2. If I am anxious in a social situation, I can still remain in it.
3. There are not many activities that I stop doing when I am feeling socially anxious.
4. I get on with my life even when I feel socially anxious.
5. Being socially anxious makes it difficult for me to live a life that I value.
6. I would gladly sacrifice important things in my life to be able to stop being socially anxious.
7. I care too much about whether or not I feel anxious in social situations.
8. I worry about not being able to control social anxiety
9. I can move toward important goals, even when I am feeling socially anxious.
10. My social anxiety must decrease before I can take important steps in my Life.
11. My social anxiety does not interfere with the way I want to live.
12. I find myself going around and around in circles thinking about my social anxiety.
13. It seems like I'm fighting with myself about my social anxiety.
14. I have thoughts about social anxiety that I get caught up in.
15. I tell myself that I shouldn't have certain thoughts about social anxiety.
16. I criticize myself for having irrational or inappropriate social anxiety.
17. I believe that having socially anxious thoughts is abnormal or bad and I shouldn't think that way.
18. I make judgments about whether my thoughts about my social anxiety are good or bad.
19. I disapprove of myself when I feel socially anxious.