

Art Therapy Workbook

100 WORKSHEETS FOR SOCIAL ANXIETY



Creative Exercises to Calm the Mind,
Build Confidence & Express Feelings

How to Use This Workbook



There's no right or wrong way to do this!

Make it your own!



Use colors, shapes, words, or doodles!



Remember to take breaks!

Rest and recharge.



This is a safe space.

You're free to be yourself here.

Who This Workbook Is For

This workbook is designed to support those who experience social anxiety, shyness, overwhelm, or fear of judgment.

If you often feel nervous in social situations, avoid group activities,
or are worried about being judged by others,

this workbook is here to help you.



Feeling Shy



Social Anxiety



Overwhelmed



Fear of Judgment



Disclaimer



This book is for informational and entertainment purposes only.
The content is not intended as professional advice.



I am not a licensed therapist, doctor, or expert.
The views expressed are personal opinions and experiences.



The reader is responsible for their own actions.
Always consult with a qualified professional before mainy decisions.



The author assumes no responsibility for any errors or omissions,
or for any outcomes related to the use of this information.


Read at your own risk.



Supplies Checklist

Pencil 

Pen 

Colored Pencils /
Markers 

Crayons 

Quiet Space 

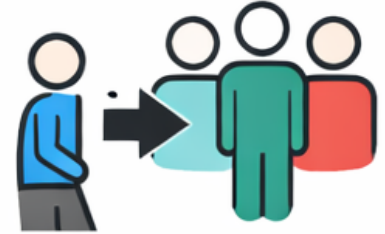
What Social Anxiety Looks Like



Fear of Judgement



Heart Racing



Avoiding Crowds



Sweating & Trembling



Unable to Speak



Wanting to Escape

Color

how you feel before meeting people



Anxious



Shy



Nervous



Stressed



Self-Doubt



Want to Cancel Plans

Situations

— That Make Me —

Anxious



Public Speaking



Crowded Places



Phone Calls



Deadlines



Big Decisions



Heavy Traffic

Anxiety

— as Weather —



Stormy Thoughts



Rain of Worry



Fog of Uncertainty



Tornado of Panic

What does anxiety sound Like?



Racing Heartbeat



Loud Ringing Ears



Trembling Voice



Rapid Thoughts



Heavy Sighs



Nervous Fidgeting



Constant Worry



Restless Tossing & Turning



My Book Review

Book Title: _____



Author: _____



Rating: ☆☆☆☆☆



Favorite Characters: _____



Favorite Part of the Story: _____

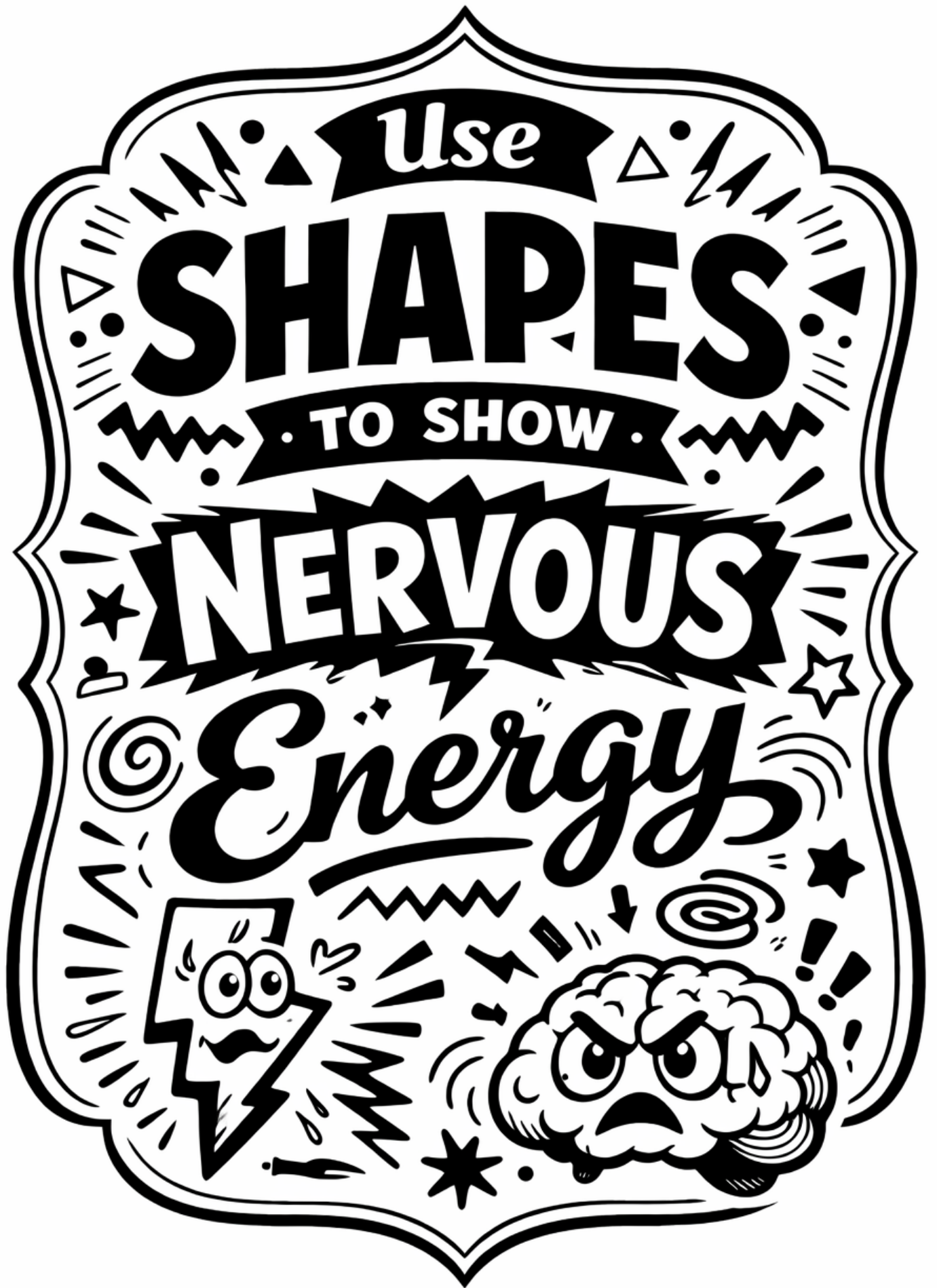


Would I Recommend It?

Yes

No





Use

SHAPES

TO SHOW

NERVOUS

Energy



Fear vs Calm

FEAR



Anxiety & Stress



Nightmares



Panic & Worry



Negative Thoughts

CALM



Peace & Relaxation



Restful Sleep



Mindfulness



Positive Mindset

My Biggest Worries



Lack of Time



Too Much Work



Money Problems



Anxiety & Stress

Draw What YOU AVOID



Use this space to draw what you fear or avoid in your life.



I try to avoid this because:

How it makes me feel:





COLOR YOUR COMFORT LEVEL

Use colors to express how you feel today!



COMFORT ZONE

I Feel **SAFE & RELAXED**

Comfortable and Content



LEARNING ZONE

I Feel **CHALLENGED**

Trying New Things



STRETCH ZONE

I Feel **ANXIOUS** or **AFRAID**

Uncomfortable & Scared



My Anxiety Tracker



Today I Feel: _____



Calm



Worried



Anxious



Panicked

What's on My Mind? _____

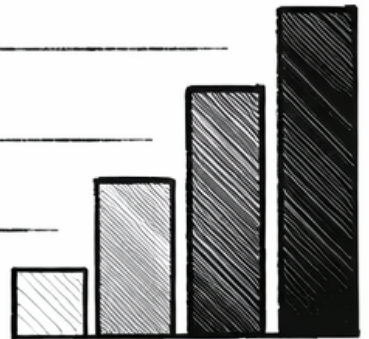
Anxiety Level: _____

Low

Medium

High

Very High



Coping Strategies: _____

Deep Breaths

Positive Thoughts

Exercise

Relaxation

Notes: _____

TENSION

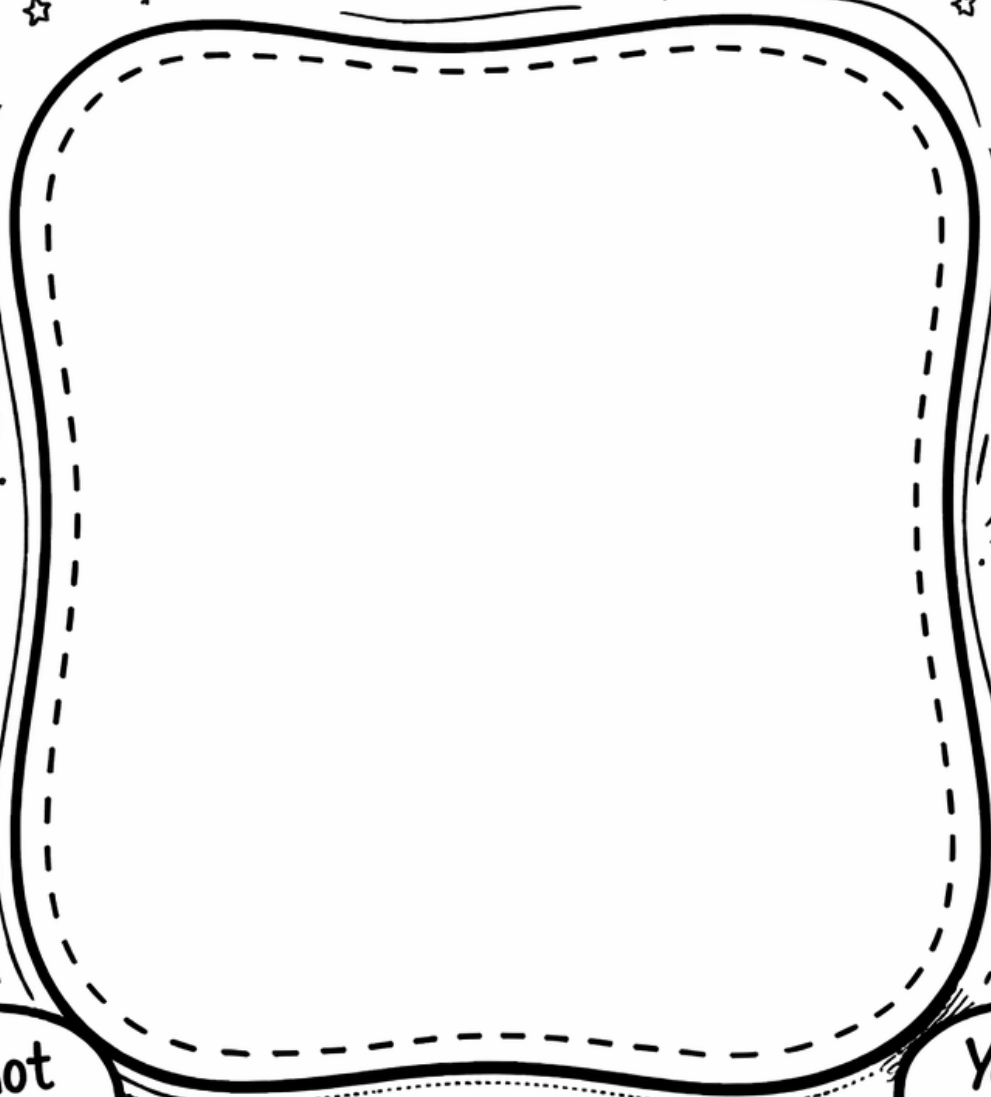


What Anxiety Wants You to Believe...





What does your inner critic look like? Draw it below!



You're not good enough!

You'll never succeed!

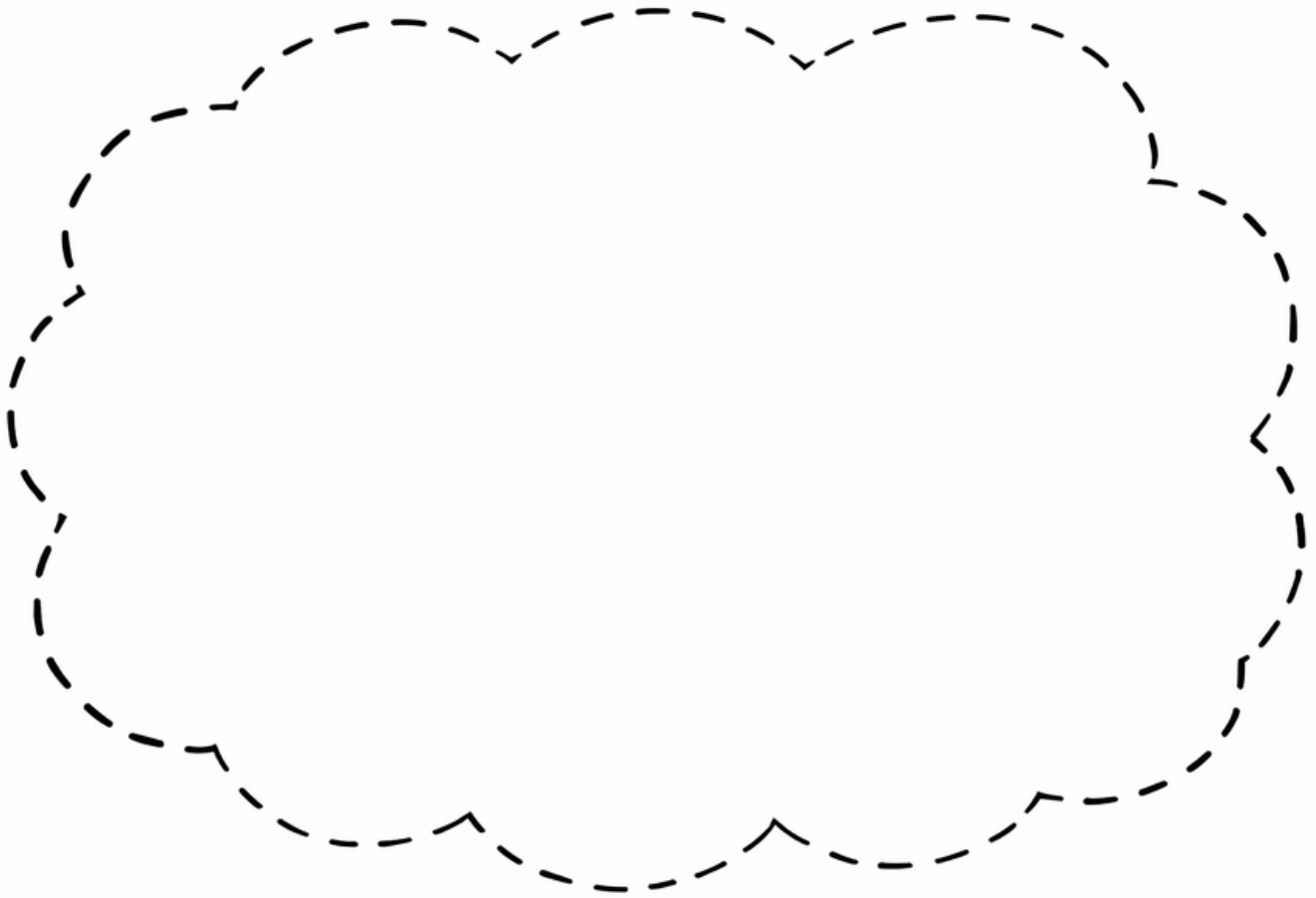
Why even try?


You always mess up!





Give Your **WORRY** a Shape


Draw your worry as a shape or creature in the space below.



 What does it look like?

 How does it feel?

 What would you name it?

 What does it say?





Turn Fear into a CARTOON!

Draw a funny cartoon version of your biggest fear!

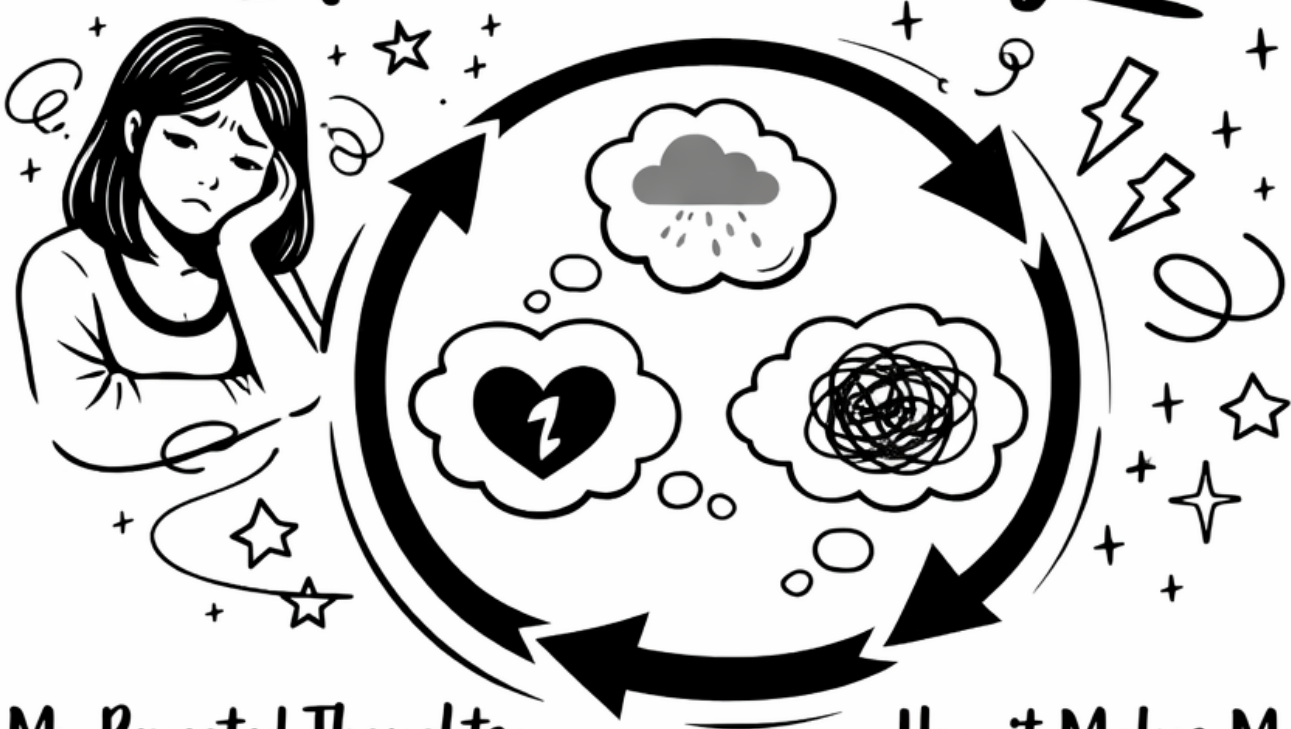
Draw Your Cartoon Here:



What is your fear?

How can you make it silly?

Repeating Thoughts



My Repeated Thoughts:

.....

.....

.....

.....

.....

How it Makes Me Feel:

.....

.....

.....

.....

.....

Challenge These Thoughts:

.....

.....

.....

.....

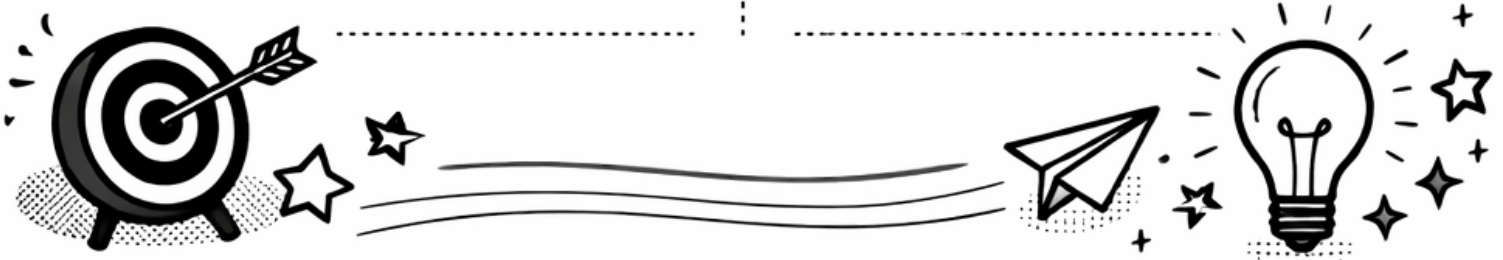
Positive Replacement:

.....

.....

.....

.....

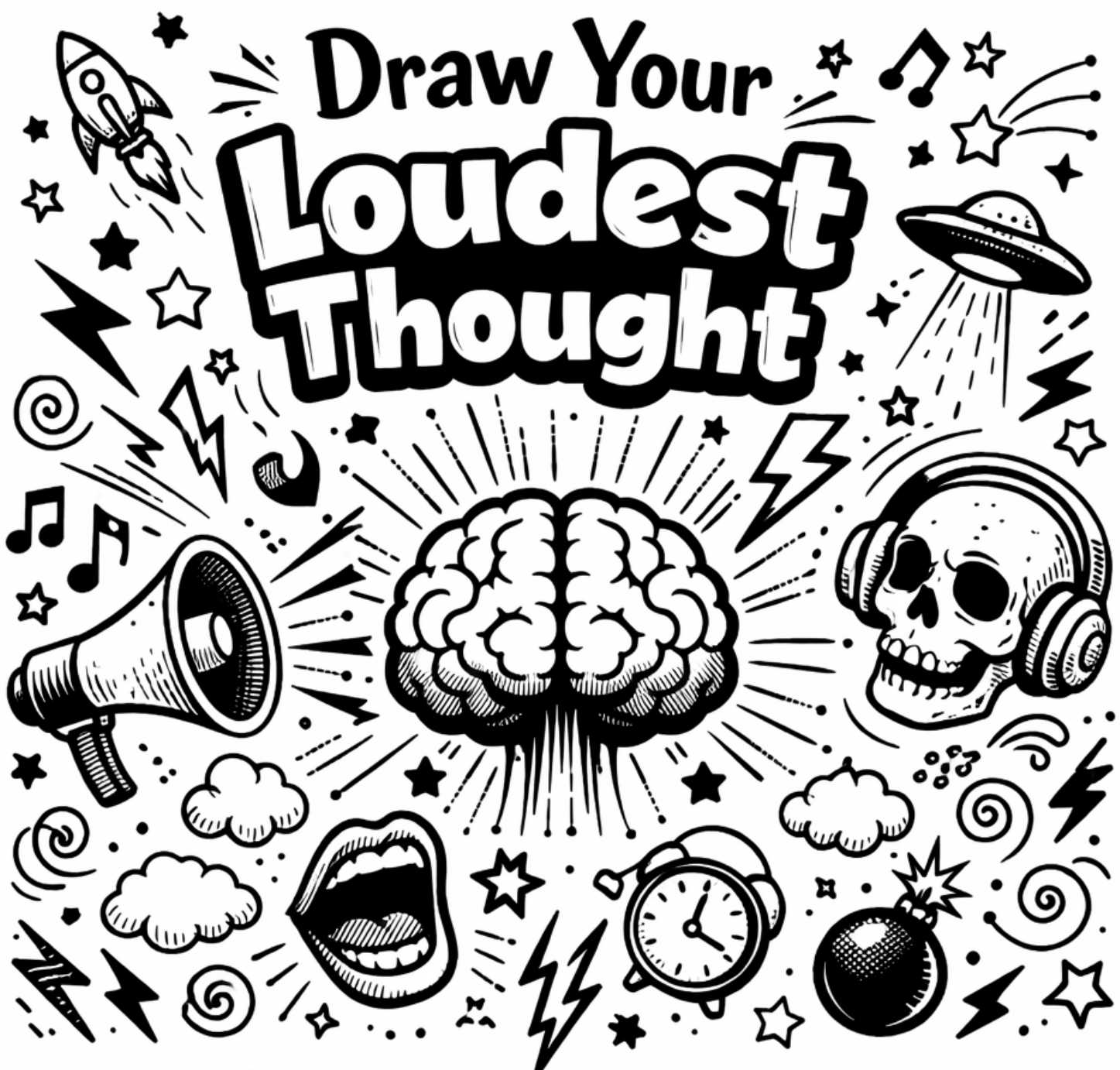


Overthinking



Too many thoughts...

Draw Your Loudest Thought



Doodle Space

Notes



What does Judgment look like?



My Thoughts...

My Feelings...

How does it affect me?

Draw Thoughts

Before Speaking

Draw Your Thoughts...

Then
Speak Wisely...



Think First!



Choose Your Words!



Speak Kindly!

Pause... Reflect...

Speak!



My Mind When Anxious



Racing Thoughts



Panic



Overthinking



Jumbled Worries



Can't Focus



Tight Chest



Feeling Trapped



Heart Pounding



Sense of Dread



Butterflies in Stomach

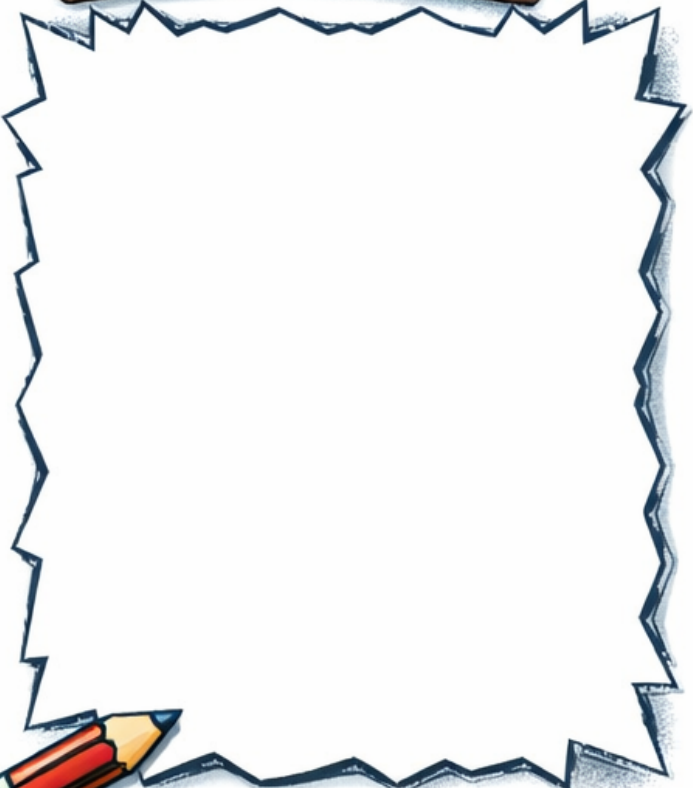


Shrink Your **Fear** Visually



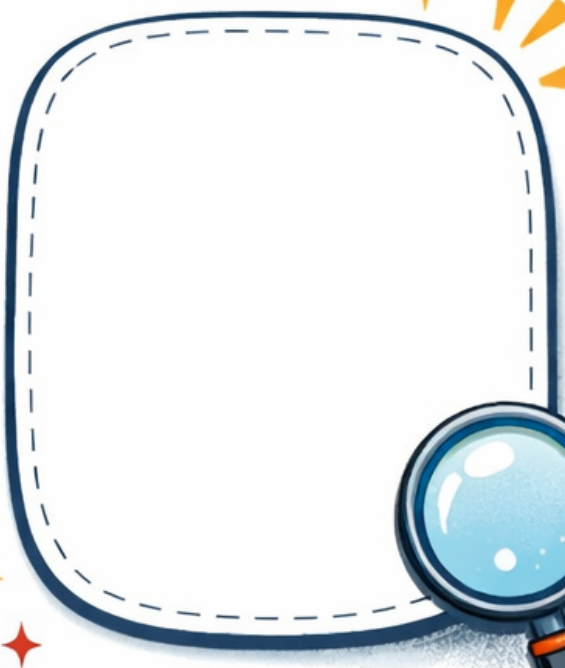
Draw your fear as a **LARGE** image on the left, then redraw it as a **TINY** image on the right.

Large Fear



Draw Your Fear **BIG**

Tiny Fear



Draw Your Fear **SMALL**

How do you feel now?

Before:

After:

Fear Fading

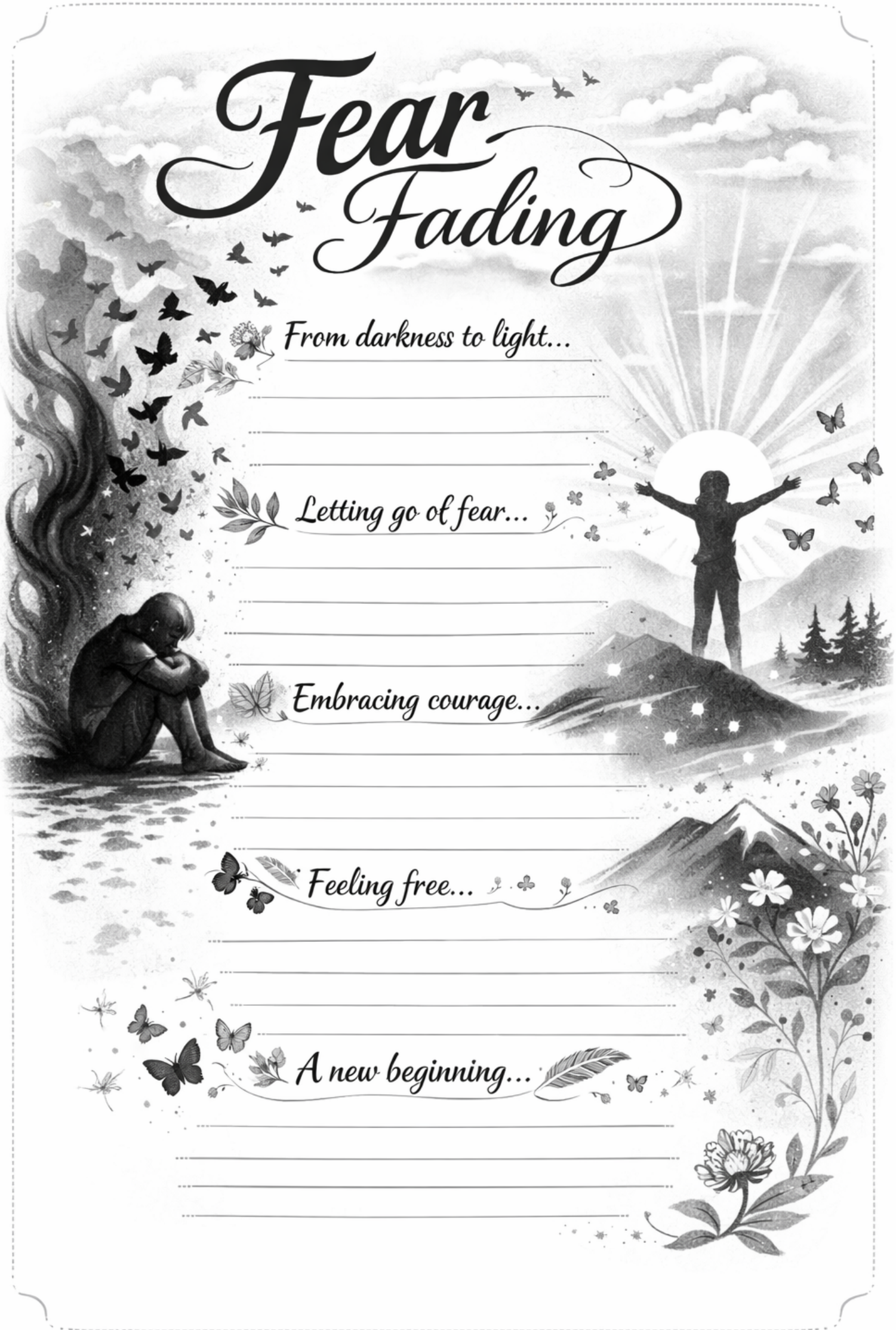
From darkness to light...

Letting go of fear...

Embracing courage...

Feeling free...

A new beginning...



Thoughts Floating Away



Break Anxiety into Pieces

Identify and break down what's causing your anxiety.

Write down each worry in the puzzle pieces below:



How I will cope...


Positive Thoughts...

Calm Thoughts


Replacing Worry



 Deep Breaths _____

 Letting Go _____

 Positive Affirmations _____

 Gratitude _____

 Nature & Peace  _____

 Visualizing Calm _____

Release the Worries, Embrace the Peace

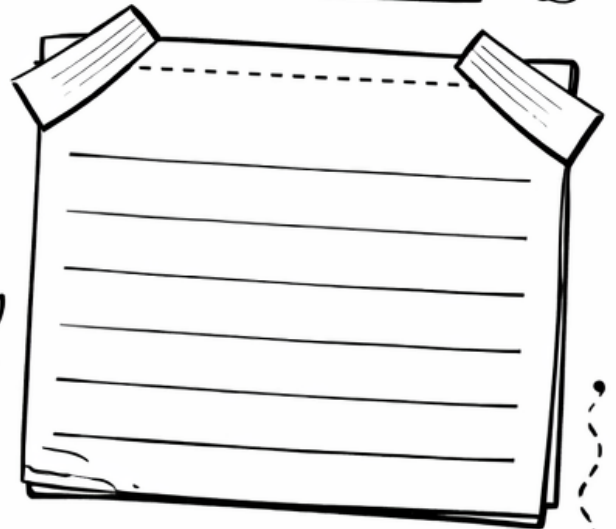
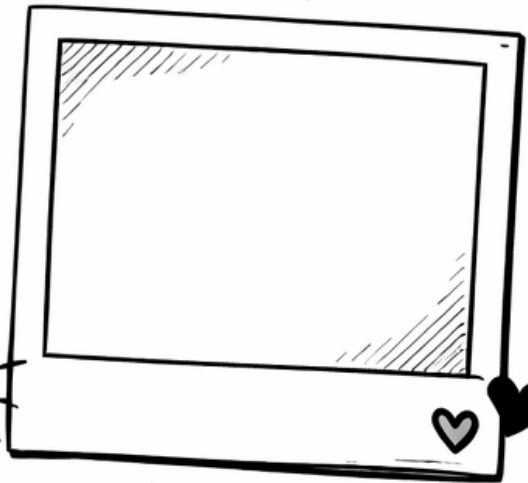


Visualize

— MENTAL QUIET —

Draw SAFE Thoughts

Draw or doodle your safe and happy thoughts



Today I feel:



Happy



Calm



Brave

Positive Reminder:

Draw Helpful Thoughts

Sketch some positive and encouraging thoughts.

 Things that make me happy ✨





Words of encouragement 

 My strengths & talents ✨

What I'm grateful for 



Draw & be positive!  





Thoughts I Don't Have to Believe

Write down those negative thoughts you don't have to believe.





Let Go



Release. Heal. Move Forward.

What do I need to let go of?



Why is it time to let this go?



How will I feel when I release it?

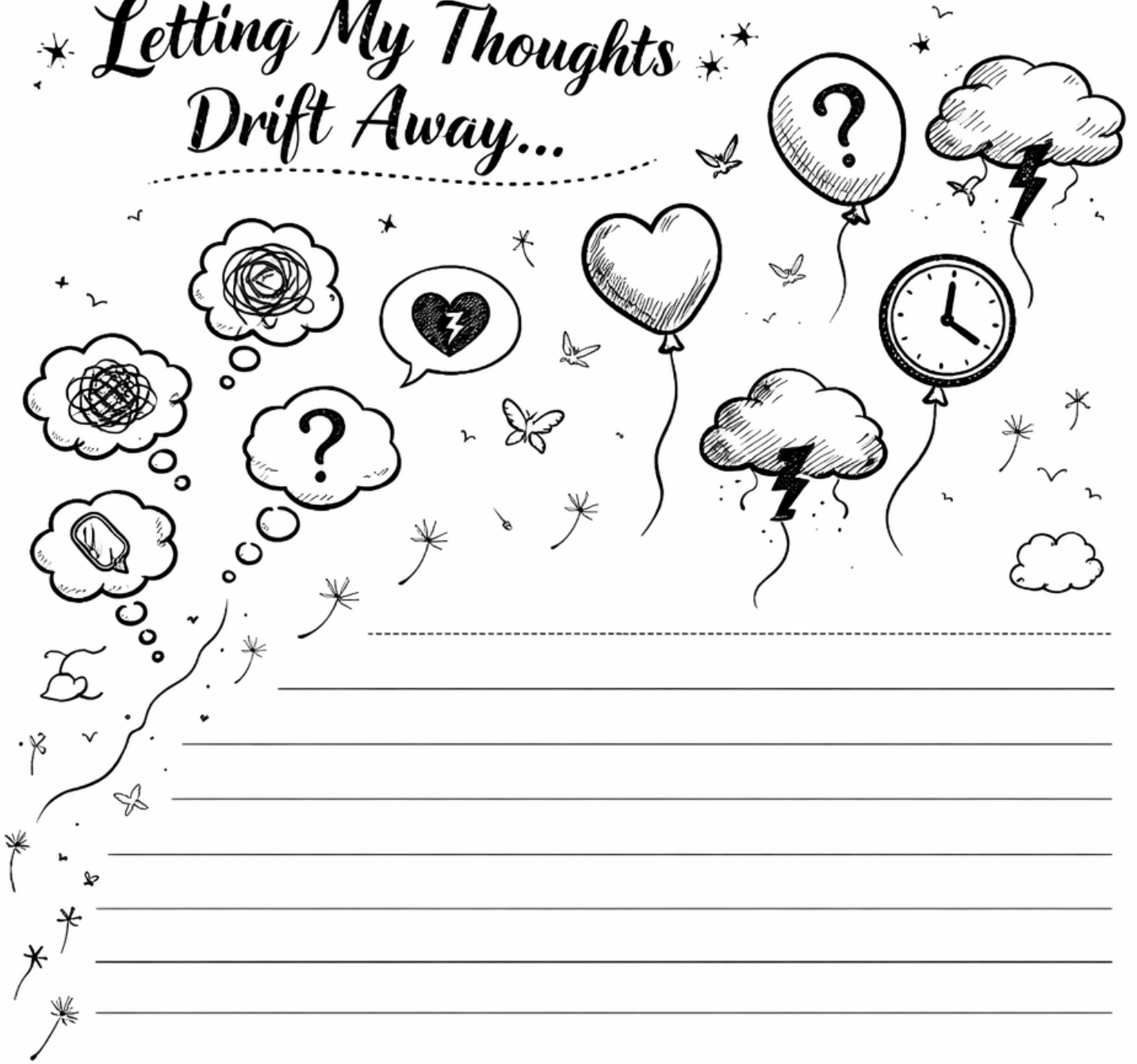


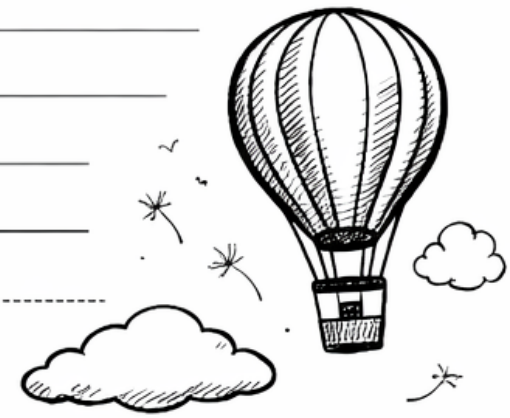
Affirmation:

I am ready to let go
and move forward.



Letting My Thoughts Drift Away...





Break Anxiety INTO PIECES

What triggers
my anxiety?

- _____
- _____
- _____

How does it feel?



- _____
- _____
- _____

ANXIETY

Calming Strategies



- _____
- _____
- _____

Positive Thoughts



- _____
- _____

Steps I Can Take

1. _____
2. _____
3. _____
4. _____
5. _____

Visualize Mental Quiet



Date: _____

I Am Calm... _____

I Am Calm... _____

I Am Calm... _____

I Am Still... _____

My Mind is at Peace... _____



Draw Safe Thoughts

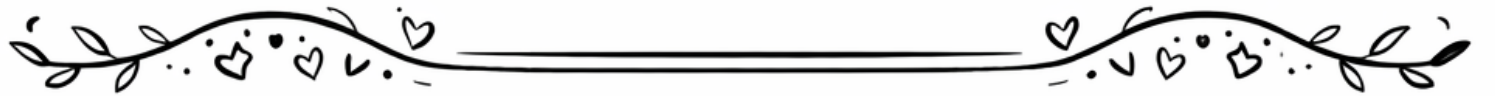
Draw something that makes you feel calm,
safe, and happy...



♥ This makes me feel: _____

♪ I feel safe because: _____

🌸 I'm grateful for: _____





Helpful Thoughts

I am strong and capable,

Things I am grateful for...

I can handle this

People who support me



My achievements

Positive affirmations

What makes me happy

I can try my best!

Reasons to keep going





Thoughts

I Don't Have to

Believe

Not everything I think is true. I can let go of the thoughts
that don't serve me.



★ I can choose a new perspective. ★



Let Go

—.. Release. Breathe. Heal. ..—

Things I Need to Release:

- _____
- _____
- _____
- _____
- _____

How I Feel Today:

Affirmation for Letting Go:

I Am Grateful For:

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____



—.. Trust the process and set yourself free...—

