



Problem Statement:

In your own words try and describe how the problem you are experiencing impacts on your life.

It is sometimes helpful to start with the type of situation where the problem is worse, then explain what happens, then what you feel, think and do. Below is an example:

In response to social situations, such as talking to strangers at parties, I feel anxious and shaky, I avoid making eye-contact and initiating conversations, and I think that people are bound to criticise me and I won't know what to say, this leads me to stay quiet and often I try and get away as soon as possible.