

Situation

On the bus and heard a voice say 'he's horrible'



Thoughts

It's directed at me

They are laughing at me

I am a freak



Self-focus

Become self-conscious

**Behaviour**

Keep head down  
OR  
Look for people talking



I look disfigured (big nose, horrible eyes)

Feelings

Anxiety 80%  
Upset 90%

