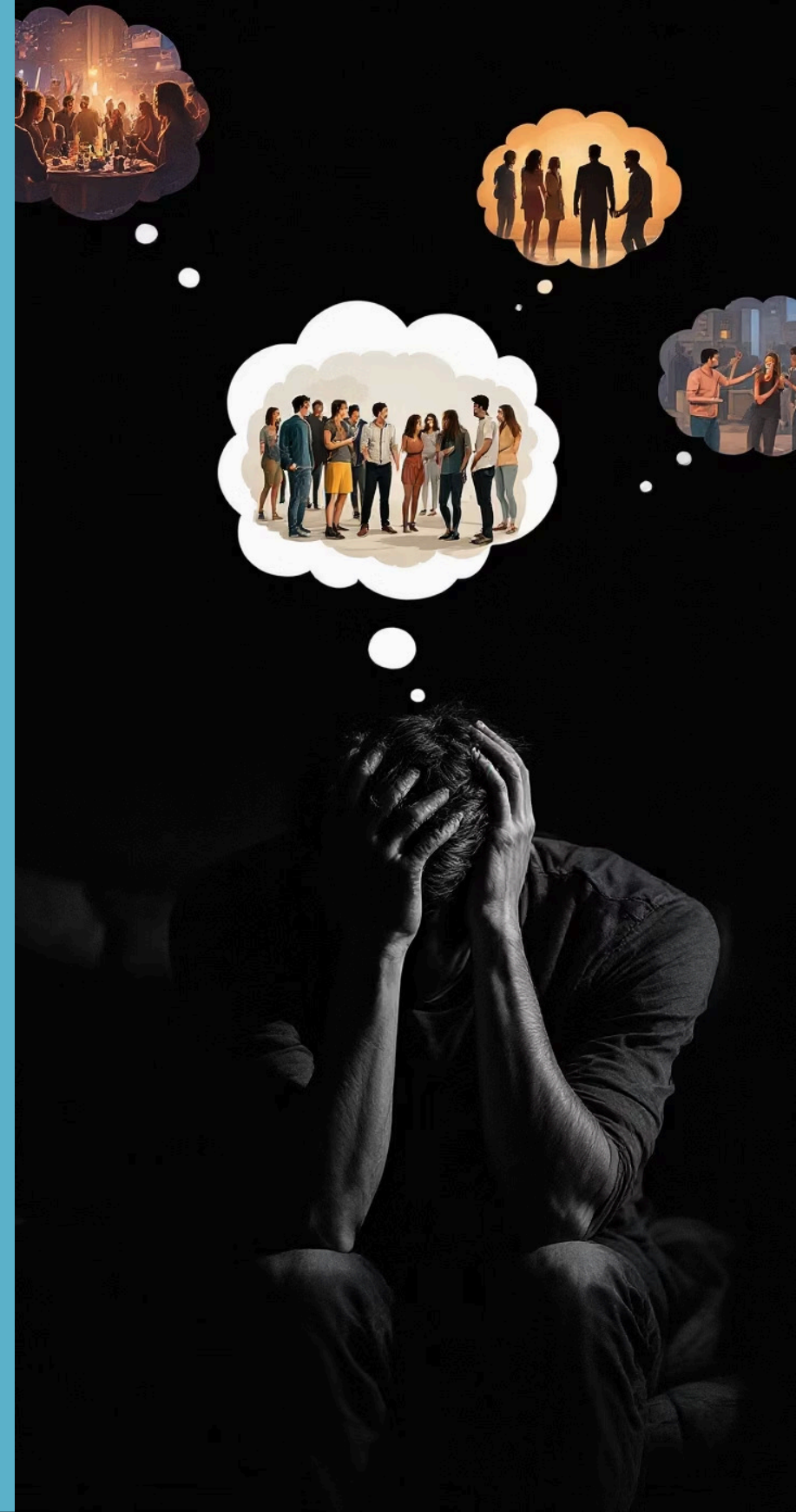# navigate

anxiety

Post-Event Replay Reset Sheet

What to Do When You're Overthinking Everything You Said That "what if I sounded weird?" feeling has a name: **the replay spiral.** This sheet helps you step out of your head — and into self-kindness.

✨ Made for:

- Overthinking convos after social events

- Rumination + self-criticism

- Feeling "embarrassed" but not sure why

Why Replays Happen

After social interactions, people with social anxiety often **hyper-focus on themselves.**

You might think:

"I talked too much." "That joke didn't land." "They probably think I'm weird."

📉 But studies show most people rate themselves *more* harshly than others do. Let's interrupt the spiral — gently.

3-Minute Reset Exercise

Step 1: What are you replaying?

Write the moment on your mind (e.g. "I said something dumb in the group chat").

Step 2: What's the emotion?

Shame? Embarrassment? Fear? Just name it.

Step 3: What else could be true?

- Maybe no one noticed.
- Maybe they didn't think it was awkward.
- Maybe it's okay to be a little awkward.

✨ Breathe. You're allowed to be imperfect.

Try the "Friend Flip" Technique

Ask yourself:

"If a friend told me they said what I said... what would I say to them?"

Probably not:

💬 "Wow, that was humiliating."

More likely:

💬 "That's not a big deal. I wouldn't even remember it."

🫶 Your inner voice deserves that same kindness.

Notice the Distortions

🧠 Mind-reading

"They think I'm annoying"

💥 Catastrophizing

"They'll never want to talk to me again"

🎚 All-or-nothing

"That one moment ruined everything"

Here are **3 common thinking traps** that feed the replay:

✨ You don't have to argue with them — just name them.

📱 Ask **https://navigateanxiety.org**: 💬 "Help me challenge this thought I'm stuck on."

Create a New Ending

Instead of: "I made it weird."

Say: "I shared something, and I don't have control over how it landed."

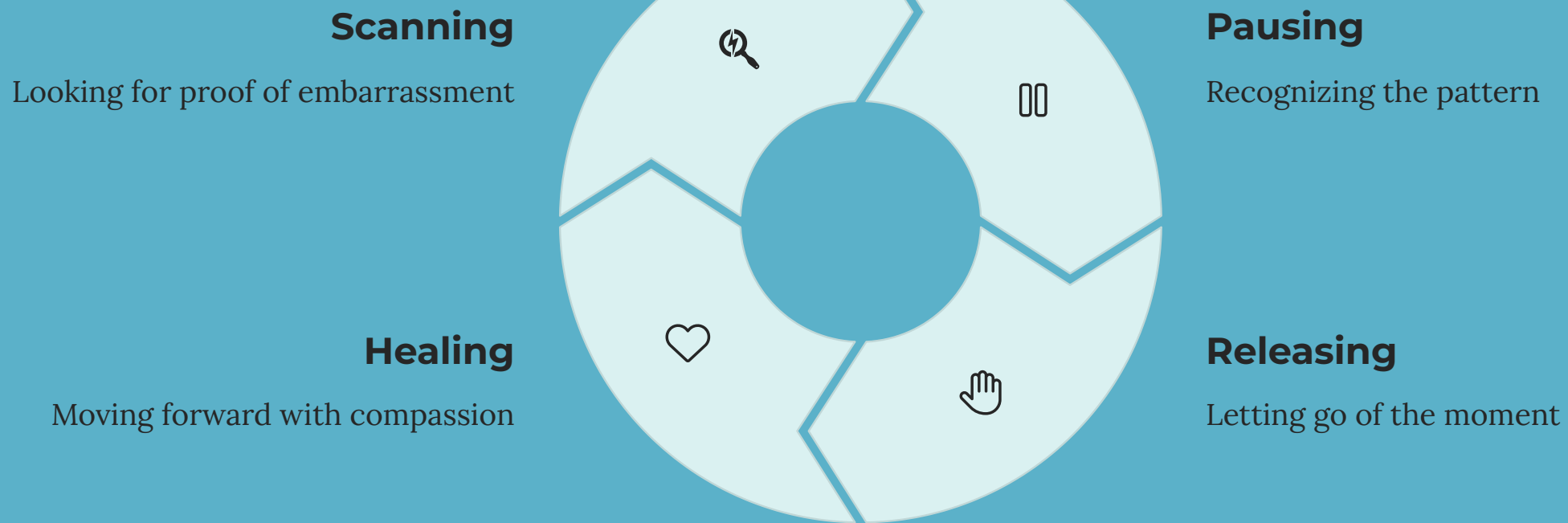Say: "It was just one part of the night — not the whole story."

Say: "I'm learning to show up even when it feels scary."

Try rewriting the moment in a softer way.

🌱 This is growth — not failure.

Stop Scanning for Evidence

Scanning

Looking for proof of embarrassment

Pausing

Recognizing the pattern

Healing

Moving forward with compassion

Releasing

Letting go of the moment

Social anxiety loves to review: faces, tones, reactions. But what if you stopped gathering "proof" and gave yourself closure instead?

Try saying:

"That moment is over. I did the best I could in it. I release it now."

📲 Still stuck? Ask Navigate: 💬 "Can you help me let go of something I keep replaying?"

Let Navigate Anxiety Help You Move On

💬

"I feel like I embarrassed myself. Help me reframe it."

💬

"Talk me through why this probably isn't a big deal."

🧠

"Help me stop thinking about something I said."

Open the app and say:

✨ You'll get an instant, compassionate response — no shame included.

🌐 **https://navigateanxiety.org**

Final Thought: You Showed Up

You care

Replaying shows you value connection

You're human

Everyone has awkward moments

You're not alone

Share this guide with others who spiral

Replaying is a sign you *care*. But caring doesn't mean you have to punish yourself.

💬 You tried. You were human.

📤 Share this guide with someone else who spirals after social things.

You're not alone in the replays. And now, you have a reset.