

Social Scripts for Everyday Life

Fill-in-the-Blank Support for Real-World Interactions Small interactions can feel huge when you have social anxiety. These gentle, low-pressure scripts help you get through them with less panic and more ease.

Perfect for:

- Asking for help, returning things, making small talk
- Phone calls, in-person moments, and online replies
- Teens, young adults, neurodivergent folks, quiet types



Why Scripts Help

When anxiety hits, the brain can go blank. Scripts give you a **gentle structure** to speak up — without the pressure to be witty or perfect.

These aren't robotic lines – they're starting points for *your* voice.

Use them in notes, on sticky notes, or ask Navigate Anxiety at <u>navigateanxiety.org</u> for real-time help.



navigate



Asking for Help (Without Feeling Awkward)

"Hi! Could you help me with... [simple ask]?" "Sorry to interrupt — I'm looking for [X]."

"I'm not sure how this works. Would you mind walking me through it?"

You're not bothering anyone – you're allowed to need support.

Returning Something In-Store

"Hi! I need to return this — I have the receipt."

"Hey there, this didn't work out. Can I get a refund or exchange?"

"I'm a little nervous — I haven't done this before. Just need some help with a return."

 \Rightarrow It's not embarrassing to return something – it's normal life.





Phone Calls You've Been Avoiding



 \bigcirc

 \bigcirc

Calling a doctor, school, or service provider

"Hi, my name is [Name]. I'm calling about [reason]."

Being honest about nervousness

"This is new for me — I get a little nervous on calls. Thanks for your patience!"

Asking for the right person

"Could I speak to someone about [X] when they're available?"

◆ Ask Navigate Anxiety: Q "Help me script a phone call I'm anxious about."





Responding to Texts or DMs When You're Anxious

"Hey — sorry for the delay. I needed some recharge time." "I read your message and appreciated it — just slow to reply sometimes." "Thanks for checking in. I'm not super talkative right now but it means a lot."

You don't owe instant energy — only realness.

Talking to Teachers, Bosses, or Adults



y you can be direct *and* kind − that's a strength.





Small Talk Starters (That Aren't Forced)

"This is such a weird question, but..."

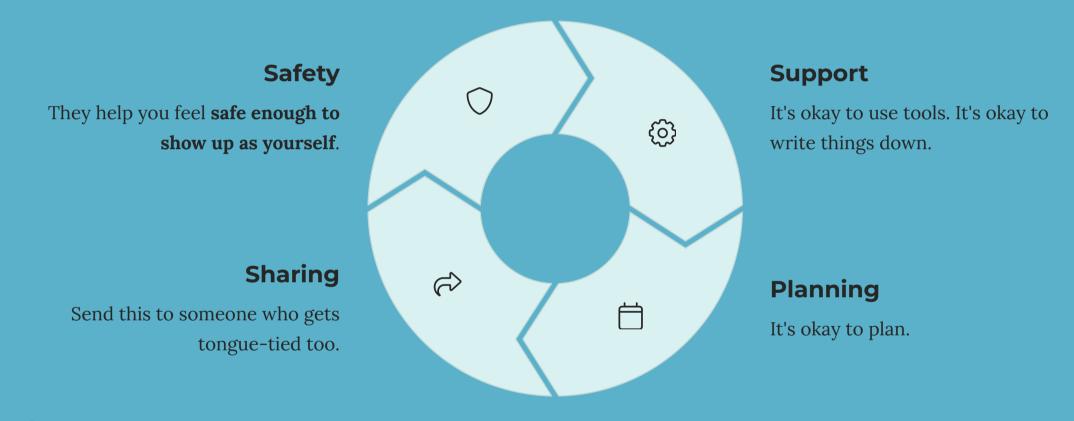
"I always feel awkward starting convos but hi, I'm [Name]!"

"Is this your first time here too?"

"I never know how to start these things. What's your go-to topic?"

◆■ Still stuck? Ask Navigate Anxiety: Q "Give me a low-pressure opener."

Final Note: Scripts Don't Make You Fake



💬 Save these scripts. Use them like training wheels. You'll find your rhythm — with practice, not pressure.

▲ Send this to someone who gets tongue-tied too.