



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 navigateanxiety.org for real-time help.





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."

✨ It's not embarrassing to return something — it's normal life.



Phone Calls You've Been Avoiding



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: 💬 "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



"I'm struggling a bit with [X] — is there a good time to talk?"



"Could I ask a quick question about [assignment/topic]?"



"I've been anxious about speaking up — thanks for your patience."

 You can be direct *and* kind — that's a strength.





Small Talk Starters (That Aren't Forced)

- 1 "This is such a weird question, but..."
- 2 "I always feel awkward starting convos — but hi, I'm [Name]!"
- 3 "Is this your first time here too?"
- 4 "I never know how to start these things. What's your go-to topic?"

- 📱 Still stuck? Ask Navigate Anxiety: 💬 "Give me a low-pressure opener."

Final Note: Scripts Don't Make You Fake

Safety
They help you feel **safe enough to show up as yourself.**

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



Support

It's okay to use tools. It's okay to write things down.

Planning

It's okay to plan.

💬 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.