



Divine Living Solutions

DEALING WITH SOCIAL ANXIETY

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

Program Overview

The Dealing With Social Anxiety program is a structured 12-session self-applied digital participant workbook designed to help participants understand social anxiety, recognise patterns that may maintain it, build confidence, practise healthier responses and develop an ongoing plan for managing anxiety. The program explores confidence and low self-esteem, personal action planning, daily diary use, maintaining confidence, setbacks and backsliding, self-awareness in social situations, thinking and the social instinct, learned behaviours, consolidation and exit planning.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

What This Program Covers

This pre-purchase outline previews the program structure and purchase inclusions without revealing the complete paid participant exercises, worksheets, diary pages or templates.

12-Session Program Outline

Session	Focus	Pre-Purchase Preview
1	Identification of the Problem	Identify concerns, triggers and patterns and establish practical starting strategies.
2	Understanding Social Anxiety	Explore social anxiety and how social situations, thoughts, feelings, body responses and behaviour interact.
3	Confidence and Low Self-Esteem	Explore confidence, self-esteem and strategies that support healthier self-belief.
4	Review of Sessions 1-3	Review participant achievements, progress, challenges and priorities from the first three sessions.
5	Action Plan and Daily Diary	Develop an individual action plan and use a daily diary to monitor situations, responses and practice.
6	Maintaining Confidence	Identify strategies and habits that support confidence and help maintain progress.
7	Setbacks / Backsliding	Understand setbacks and backsliding and develop a constructive plan for maintaining progress.
8	Understanding Yourself in Social Situations	Increase self-awareness of thoughts, emotions, needs and behaviour in social situations.
9	Thinking and the Social Instinct	Explore current thinking, automatic social predictions and assumptions in social situations.
10	Learned Behaviours and Change	Identify learned behaviours and consider healthier alternative responses.
11	Consolidation	Bring Sessions 1-10 together and identify the strategies and learning that are most useful.
12	Exit Planning and Feedback	Develop an ongoing exit plan and complete the participant feedback questionnaire.

What Is Included After Purchase

- Complete 12-session self-applied participant workbook.
- Guided reflection and participant writing activities.
- Confidence and self-esteem activities.
- Personal action-planning and daily diary tools.
- Confidence-maintenance and setback-planning activities.
- Social-situation self-awareness, thinking-pattern and learned-behaviour activities.
- Consolidation, exit planning and participant feedback.
- Certificate of Completion.

Who the Workbook Is For

This workbook is intended for adults who want a structured self-applied educational resource for exploring social anxiety and related confidence, self-esteem, thinking and behavioural patterns. It can be completed independently and may also be used alongside appropriate professional support.

Digital Product Information

Product	Dealing With Social Anxiety - 12-Session Self-Applied Digital Participant Workbook
Price	AUD \$39.95
Format	Digital PDF workbook
Delivery	Digital download after successful purchase via Wix
Licence	Individual participant personal-use licence
Physical product	No physical product is shipped

Wix Product Listing

Suggested Product Name

Dealing With Social Anxiety - 12-Session Self-Applied Digital Participant Workbook

Wix Product Price

AUD \$39.95 - one-time digital product purchase.

Short Wix Product Description

A structured self-applied digital workbook designed to support participants in exploring social anxiety, confidence, self-esteem, personal action planning, setbacks, social situations, thinking patterns and learned behaviours. Includes 12 guided sessions and practical participant activities for ongoing personal progress.

Suggested Wix Product Button

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Suggested Product Category

Digital Workbooks / Personal Development Programs

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing. This is a digital PDF product. No physical workbook will be posted. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Pre-Purchase Protection

This outline explains the program and purchase inclusions without revealing the complete participant exercises, worksheets, diary pages or templates supplied in the paid workbook.

Customer Instructions

- Save the purchased workbook to a secure personal device.
- Work through the 12 sessions in sequence and at a manageable pace.
- Use the diary, action plan and practice pages to record situations, thoughts, feelings, strategies and learning.
- Keep completed pages private and store the workbook securely.
- Do not forward, upload, reproduce, resell or distribute the workbook to another person.

Individual Participant Licence & Copyright

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Important Disclaimer

This workbook is an educational and self-reflection resource. It is not intended to diagnose, treat, cure or prevent social anxiety disorder or any other medical or mental-health condition and does not replace appropriately qualified medical, psychological, psychiatric or counselling assessment or treatment. Individual experiences and outcomes vary, and no particular result is guaranteed.

PURCHASE DIGITAL WORKBOOK

AUD \$39.95

Available as a Wix digital product