social anxiety safety behaviors video experiment

	maximized safety behaviours			minimized safety behaviours			
on the right, note what to maximize or minimize	high levels of self-focused attention and self- evaluation & high levels of safety behaviors involving:			now try to be much more as you would with someone you're close to & feel comfortable with, body posture more open, focused on the conversation not oneself, both more interested in the other person & more self-disclosing			
what is being assessed?	self	other	video	self	other	video	
	0 = not at all; 100 = extremely			0 = not at all; 100 = extremely			

role play (and video) experiment

What was your impression of this person? How did you find your interaction with them?