

Exploring Social Anxiety

Social anxiety is a disorder characterized by overwhelming anxiety or self-consciousness in ordinary social situations. In milder cases, the symptoms of social anxiety only appear in specific situations, such as public speaking. On the more extreme end, any form of social interaction can act as a trigger.

Because everyone's thoughts, feelings, and reactions to social anxiety are different, it's valuable to spend some time thinking about your unique experience.

Which social situations are you anxious about?

Giving a speech.	Spending time alone with a friend.	Going on a date.	Attending a crowded event.
Going to the grocery store.	Making eye contact.	Being the center of attention.	Talking on the phone.
Meeting someone new.	Dealing with authority figures.	_____	_____

What are you worried about during social situations?

Embarrassing myself.	Looking stupid.	My physical appearance.	Being disliked.
Being rejected.	Not knowing what to talk about.	Being noticed.	_____

Oftentimes, social anxiety will lead a person to build their life in a "safe" way that shields them from their fears, rather than living how they truly want. This is a form of **avoidance**, which will actually make anxiety worse over time. Next, we'll explore how social anxiety and avoidance has impacted your life.

List three ways in which social anxiety has impacted your life. For example, did anxiety affect your choice of career? Has it affected your relationships?

1
2
3

Imagine you wake up tomorrow, and your social anxiety is gone. How would your life be different? List three examples, being as specific as possible.

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2
3