

SYMPTOMS OF SOCIAL ANXIETY

Objective:

To recognize the physical, emotional, and mental symptoms of social anxiety.

Those who suffer from social anxiety—the most common anxiety disorder—experience intense nervousness and self-consciousness in social situations or sometimes even just thinking about social situations. Often there are accompanying physical symptoms, such as sweating, shaking, blushing, and upset stomach, all of which cause further anxiety.

If you struggle with social anxiety, you may find that your fear of humiliation and shame has you focusing on your own thoughts and feelings rather than the people around you. You get caught up in all the what-ifs and self-doubt rather than involving yourself in the present situation. To protect yourself from the distress, you likely end up withdrawing during social interactions or avoiding them all together.

Think about a recent social situation that caused you anxiety. Rate the physical symptoms you experienced from 1-7, with 1 being very little and 7 being intense.

What was the situation? _____

Blushing	1	2	3	4	5	6	7
Heart palpitations	1	2	3	4	5	6	7
Trembling, shaking	1	2	3	4	5	6	7
Sweating	1	2	3	4	5	6	7
Gasping	1	2	3	4	5	6	7
Upset stomach, nausea	1	2	3	4	5	6	7
Dizziness	1	2	3	4	5	6	7
Other:	1	2	3	4	5	6	7

Rate the emotions you experienced from 1-7, with 1 being very little and 7 being intense.

Fear	1	2	3	4	5	6	7
Embarrassment	1	2	3	4	5	6	7
Shame	1	2	3	4	5	6	7
Humiliation	1	2	3	4	5	6	7
Nervousness	1	2	3	4	5	6	7
Other:	1	2	3	4	5	6	7

continued

Describe the thoughts that accompanied your physical and emotional reactions. (For example, "I don't belong here," or "Everyone thinks I'm an idiot.")

To the best of your ability, describe objectively what happened.
