

LIVING WITH SOCIAL ANXIETY

WHAT I FEEL

OVERSTIMULATED

External environments make it difficult to process everything going on



SELF-DOUBT

Doubting capabilities to be successful, complete a task, & achieving goals



JUDGED

Fear of being observed or criticized by others



FEAR OF FAILURE

Afraid of getting things wrong or not fulfilling an expectation



WHAT HAPPENS

Avoid Social Gatherings

Overwhelmed By Loud Noises

Uncomfortable With Physical Contact



Struggle With Expressing Thoughts

Feel Underserving of Rewards & Compliments

Refusing Work Tasks



Avoid Answering Questions In Meetings & Class

Worry About Saying The Wrong Thing

Feel Nervous About My Performance



Withdrawing From Family & Friends

Avoid Trying Something New

Setting High Expectations



Sources:

<https://www.anxietycanada.com/disorders/social-anxiety-disorder/>

<https://www.webmd.com/balance/what-is-sensory-overload-with-anxiety>

