CLÍNICA VIVALDI · FREE SHEET · ANXIETY

Social anxiety disorder (social phobia)

An intense fear of being observed, evaluated, or ridiculed in social situations, leading to avoidance or great discomfort.

COMMON SIGNS

- Fear of speaking in public or with strangers
- Blushing, trembling or sweating in front of others
- Avoids meetings, phone calls or eating in public

TIPS FOR YOU

1. Cut down on safety behaviours (looking at your phone, not speaking)
2. Gradually expose yourself to feared situations
3. Focus your attention outwards, on the conversation

FOR FAMILY AND FRIENDS

1. Invite them without pressure and appreciate that they try
2. Don't speak for them in social situations

WHEN TO ASK FOR HELP

1. If you give up studies, work or relationships out of fear
2. If you use alcohol to cope with social situations

TO OBSERVE AND NOTE DOWN

☐ I'm very afraid of embarrassing myself in front of others

☐ I avoid speaking in public or in a group

☐ I blush, sweat or tremble in front of others

☐ After a conversation I keep going over what I said

☐ I avoid phone calls or talking to strangers

☐ I find it hard to eat or write if people are watching

☐ Before a social event I feel very anxious

☐ I have let opportunities go for fear of looking bad

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-ansiedad-social-fobia-social
- Full article: Social phobia: clinicavivaldi.com/en/trastorno-fobia-social
- Free guide: Anxiety: clinicavivaldi.com/en/guia-ansiedad
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112