Social Anxiety Disorder

Social anxiety involves significant fear or anxiety about one or more social situations in which a person is exposed to possible scrutiny by others.

People who experience social anxiety may find it challenging to have a conversation, meet new people, eat or drink in public spaces, or perform in front of others.

Symptoms of social anxiety may include avoidance, intense fear, physical symptoms (e.g., stomach aches, headaches) crying, tantrums, freezing, clinging, shrinking, or failing to speak in social situations.

Effective treatment for social anxiety disorder may include a combination of effective communication skills, exposure therapy, and assertiveness training.

For more information and treatment options, visit www.drbriannaallen.com

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