

Social Anxiety Symptoms Checklist

Social Anxiety

Social anxiety is classified by a person having an unreasonable and constant fear of social situations. That person becomes incredibly self-conscious and intensely nervous at the mere thought that they may be observed, judged, and criticized by others.

Research has shown this condition contributes to poor mental and physical health, and stunted emotional growth.

Generalized Anxiety Disorder

Generalized Anxiety Disorder (GAD) is the most common and broadest form of anxiety. This means you worry too much about simple, everyday things, both small and large. To be diagnosed with this condition, you must have persistent anxious thoughts almost every day of the week for at least 6 months. GAD and other anxiety disorders routinely interfere with daily life, and need to be treated.

The following signs and symptoms indicate that you *may* be struggling with social anxiety and may benefit from seeking advice *from a licensed counselor, a mental health professional, or a medical doctor.*

- It is difficult for you to say hello to a stranger.
- The thought of giving even a brief talk to more than 3 or 4 people causes extreme anxiety.
- You are uncomfortable at the thought of your friends and family members singing happy birthday to you.
- It is sometimes difficult to have a general conversation, even with someone who cares about you.
- Talking to other students before a big test is difficult.
- At school or work, being called in the front of the room to give your opinion or a presentation is frightening to think of.
- It is tough for you to say hello, good morning or good evening, or give any other common greeting, to a person of authority.
- You can't answer your phone without looking at who's calling, and depending on who's calling, you may not answer at all.
- You would never think of interrupting someone else's conversation, even if what you have to say would add value.
- When asked to attend parties or other social settings, you always have an excuse.
- Your constant anxiety causes sleep problems.

- You have an irrational fear, something that is out of proportion with the situation or the object of your anxiety.
- Frequent muscle tension, usually in the jaws, shoulders and neck.
- Chronic digestive problems, like frequent stomach aches, cramping, bloating, gas and irritable bowel syndrome (IBS).
- You are self-conscious in most social settings, and sometimes even when alone.
- You suffer from frequent panic attacks.
- You experience flashbacks of a disturbing or traumatic event.
- You suffer from obsessive perfectionism, feeling that everything you do must be 100% perfect.
- Your need to perform compulsive behaviors overrides any other responsibilities you have.
- You suffer from persistent self-doubt and second-guessing, with your inner voice questioning your actions and beliefs dozens of times a day.

Important Note:

This checklist is not meant to be a diagnostic tool. While I am familiar with the various symptoms of social anxiety, I am not a medical professional. If you feel you suffer from social anxiety after reading the symptoms listed above, please speak with a medical doctor or counselor for a proper diagnosis and treatment options.