# Am I Introverted, Shy or Do I Have Social Anxiety Disorder?

Feeling socially anxious? Spot the difference!

#### INTROVERSION

- A personality trait
- Drawn towards inner experiences rather than a strong need for external stimulation
- Likely to prefer low-stimulation

## SHYNESS

- A feeling of fear or discomfort when around other people
- Shyness can change in intensity depending on the environment or people you're around

# SOCIAL ANXIETY DISORDER

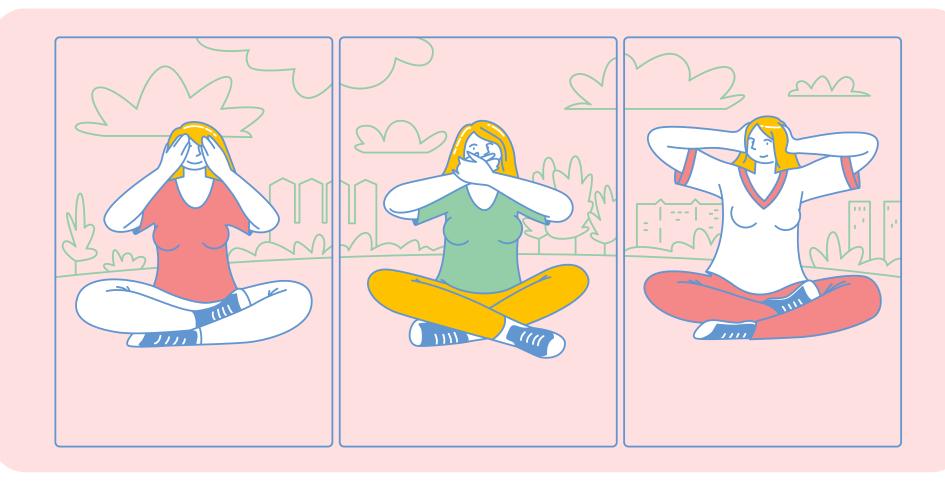
- A mental illness
- Overwhelming fear of negative social judgement or humiliation
- Social situations cause high stress
- Often avoids social situations in

settings, like oneon-one catch-ups or small groups

- Fear of negative social judgement
- More comfortable with familiar people

an attempt to manage feelings of anxiety

May attend social situations but experience heightened anxiety



### IDENTIFY WITH SOCIAL ANXIETY DISORDER?

Take a look at our <u>Social</u> <u>Anxiety Program</u> - we can help you treat it!

