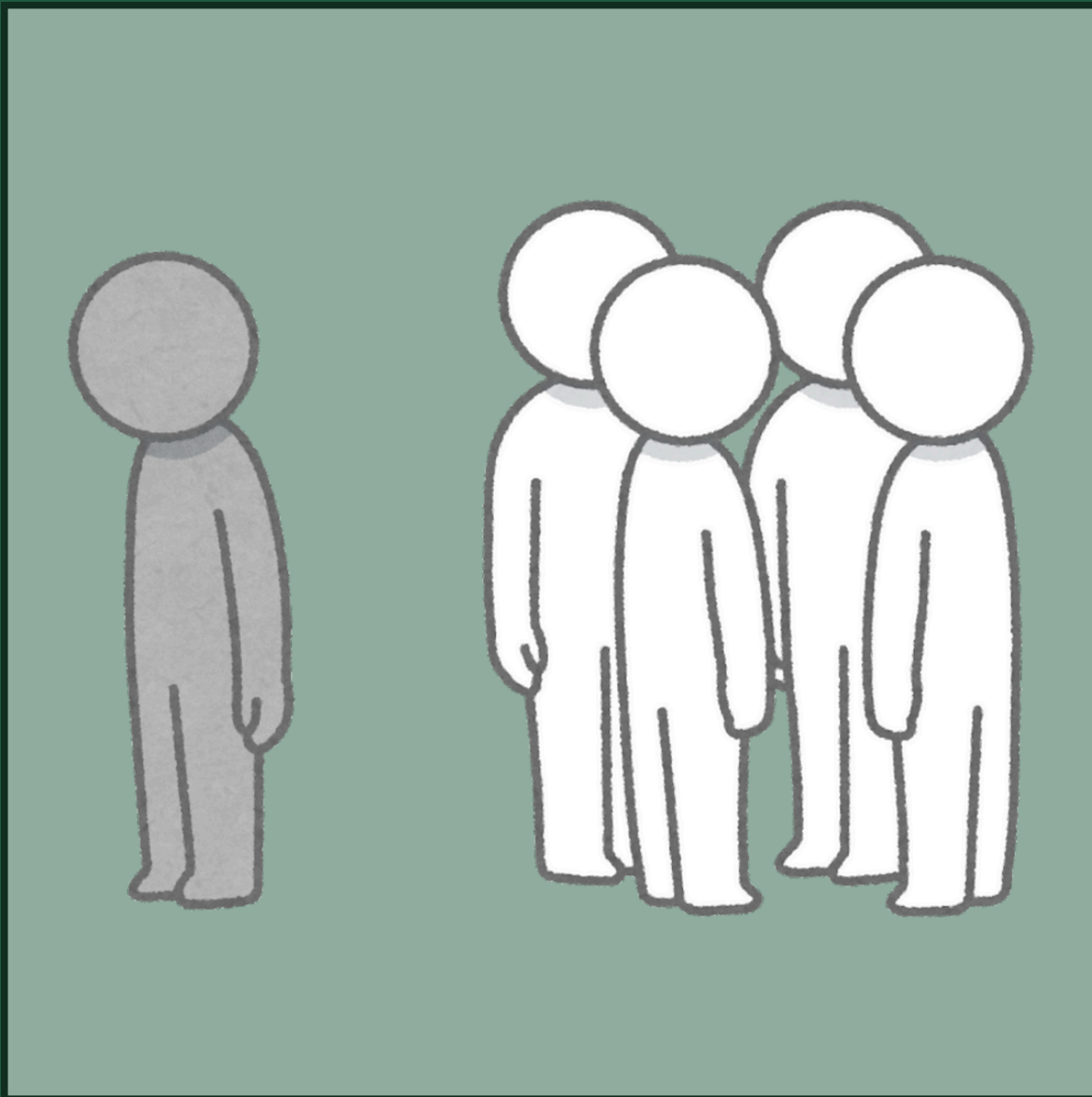


What is Social Anxiety?



Social Anxiety is feeling self-conscious around new people and in new situations

“Everyone can tell how nervous I am.”



Social Anxiety is the fear of making a mistake in public and being judged for it

“What if I’m not doing this right? Does everyone think I’m weird?”



Social Anxiety keeps us from meeting new people and trying new things

“I’ll stay by myself, others will just judge me.”