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{
  "disease": "Social Anxiety Disorder",
  "symptoms": [
    {
      "symptom": "Fear of being judged or scrutinized by others",
      "communicationEnglish": [
        "I'm constantly worried about how others perceive me",
        "I fear being judged or negatively evaluated in social situations",
        "I'm always worried about what people think of me",
        "The fear of being judged is something that constantly bothers me",
        "I get anxious about how others might see me in social situations",
        "There's this constant worry about being negatively judged by
others",
        "I'm afraid of people forming a negative opinion about me",
        "The fear of scrutiny in social settings is something I deal with
regularly",
        "I constantly second-guess myself, fearing negative evaluations from
others",
        "Being afraid of judgment is a major source of anxiety for me",
        "I'm often preoccupied with thoughts of how others perceive me",
        "Social situations make me nervous because of the fear of being
judged",
        "Worrying about how I come across to others is a constant struggle",
        "I feel this anxiety about being scrutinized whenever I'm in a
social setting",
        "The fear of negative evaluation is always at the back of my mind in
social situations",
        "It's hard for me to shake off the fear that others are judging me",
        "I'm always on edge, fearing criticism or negative opinions from
others",
        "The thought of being scrutinized by others makes social
interactions challenging",
        "I struggle with the constant fear of being judged by those around
me",
        "The fear of negative judgment often overwhelms me in social
situations",
        "I find it difficult to relax in social settings due to the fear of
being scrutinized",
        "Worrying about how others perceive me affects my social
interactions"
      ]
    },
    {
      "symptom": "Avoidance behaviors in social situations",
      "communicationEnglish": [
        "I avoid social gatherings to escape being scrutinized",
        "I tend to stay away from situations where I might be the center of
attention",
        "I steer clear of social gatherings to avoid feeling scrutinized",
        "If I think I'll be the center of attention, I tend to stay away

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from those situations",
    "Social events make me uncomfortable, so I often choose to avoid
them",
    "I have a tendency to skip social gatherings to escape potential
judgment",
    "I find myself skipping social situations to avoid being in the
spotlight",
    "I tend to stay away from events where I might become the focus of
attention",
    "Avoiding social gatherings has become a way for me to cope with
anxiety",
    "If there's a chance of being scrutinized, I usually opt out of
social events",
    "I often skip parties or gatherings to sidestep the fear of being
judged",
    "The thought of being in social situations makes me anxious, so I
avoid them",
    "I've developed a habit of avoiding social gatherings to manage my
anxiety",
    "I tend to stay in my comfort zone and avoid situations that trigger
anxiety",
    "Social events make me uneasy, and I usually choose to skip them",
    "I steer clear of situations where I might be the center of
attention to avoid discomfort",
    "Avoiding social interactions has become a way for me to cope with
my anxiety",
    "I'm more comfortable staying in than dealing with potential
judgment in social situations",
    "I find it easier to avoid social gatherings than face the anxiety
they bring",
    "I've become adept at dodging situations that make me anxious in
social settings",
    "I tend to skip events where I might attract attention to avoid
feeling self-conscious",
    "Avoiding social situations has become my way of managing the fear
of scrutiny"
    ]
},
{
    "symptom": "Low self-esteem",
    "communicationEnglish": [
        "I often feel inferior to others and doubt my self-worth",
        "I struggle with feelings of inadequacy and low self-esteem",
        "I often feel like I'm not as good as others, questioning my own
value",
        "Dealing with feelings of inadequacy is a constant struggle for me",
        "I battle with a sense of inferiority and frequently doubt my
self-worth",
        "There are times when I feel like I don't measure up to those around
me",

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    "I find myself questioning my abilities and feeling less capable
    than others",
    "It's hard to shake off the feeling of not being good enough or
    valuable",
    "I grapple with self-doubt and a persistent sense of not being
    worthy",
    "There's this constant internal struggle with feelings of
    inadequacy",
    "I often compare myself to others and end up feeling like I fall
    short",
    "Dealing with low self-esteem is a daily challenge that I face",
    "I struggle with a negative self-image and often feel inferior to
    others",
    "There's a persistent feeling of not measuring up or being worthy",
    "I battle with a lack of confidence and frequently question my own
    abilities",
    "It's tough dealing with the belief that I'm not as good as others
    around me",
    "I find myself questioning my own value and feeling inadequate",
    "Coping with low self-esteem means constantly fighting against
    self-doubt",
    "I often feel like I'm not deserving or capable compared to others",
    "Dealing with a sense of inferiority is a major part of my daily
    struggles",
    "I grapple with self-worth issues and often feel like I don't
    measure up",
    "Overcoming low self-esteem is an ongoing process that I'm working
    on"
  ],
  {
    "symptom": "Physical symptoms in social situations",
    "communicationEnglish": [
      "In social settings, I experience symptoms like shivering and
      increased heart rate",
      "I often feel dizzy and start sweating when I'm around people",
      "Being in social situations makes me feel physically shaky and
      nervous",
      "I experience symptoms like trembling and a racing heart when I'm
      around people",
      "In social gatherings, I often feel lightheaded and my heart starts
      pounding",
      "My body reacts with shivers and increased heart rate in social
      settings",
      "There's this physical discomfort - I get dizzy and start sweating
      around people",
      "I feel a knot in my stomach, and my hands get clammy in social
      situations",
      "Symptoms like shivering and a rapid heartbeat kick in when I'm in a
      group",
    ]
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        "Being around people triggers physical reactions like trembling and
sweating",
        "Social settings make me physically tense, with symptoms like
shivering and a racing heart",
        "I go through physical symptoms like dizziness and increased heart
rate in social situations",
        "My body reacts with nervousness - I get shaky and my heart races in
social settings",
        "In gatherings, I often experience physical symptoms like feeling
lightheaded and sweaty",
        "Symptoms like trembling and a pounding heart make social situations
challenging",
        "I feel physically on edge, with symptoms like shivering and an
increased heart rate",
        "Being around others induces physical discomfort, with symptoms like
dizziness and sweating",
        "My body responds with physical signs of anxiety - trembling and a
racing heart - in social situations",
        "Social events trigger physical reactions, including shivering and
increased heart rate",
        "In social situations, I often experience physical symptoms like
feeling lightheaded and sweaty palms",
        "There's a physical toll - I feel shaky and my heart races when I'm
in social settings",
        "Symptoms like trembling and sweating become prominent when I'm
around people"
    ],
    },
    {
        "symptom": "Sleep disturbances",
        "communicationEnglish": [
            "I sometimes have trouble sleeping due to my social anxiety",
            "My anxiety about social situations often disrupts my sleep",
            "My social anxiety occasionally keeps me up at night, making it hard
to sleep",
            "There are times when my anxiety about social situations disrupts my
sleep",
            "I struggle with occasional sleep problems because of my social
anxiety",
            "My mind races with anxious thoughts, making it difficult to get a
good night's sleep",
            "Sleeping becomes a challenge when my social anxiety is particularly
high",
            "I find myself tossing and turning in bed due to my anxiety about
social situations",
            "Dealing with social anxiety sometimes leads to nights of restless
sleep",
            "Sleep disturbances are a common occurrence for me when my social
anxiety peaks",
            "I often lie awake at night, unable to sleep because of my social

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anxiety",

"Anxiety about social situations tends to interfere with my ability to sleep well",

"There are nights when my mind is so preoccupied with social anxiety that sleep eludes me",

"My sleep is often disrupted by the persistent thoughts related to social situations",

"Getting a good night's sleep becomes a challenge when my social anxiety flares up",

"Sleep disturbances crop up when my mind is overwhelmed with thoughts about social interactions",

"I experience occasional insomnia due to the anxiety I feel about social situations",

"My social anxiety sometimes keeps me up, causing sleepless nights",

"Dealing with social anxiety can result in irregular sleep patterns for me",

"I find it hard to unwind and sleep peacefully when my social anxiety is heightened",

"Sleep becomes elusive on nights when my mind is consumed with worries about social scenarios",

"Anxiety-related thoughts often invade my mind, affecting the quality of my sleep"

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