

Am I Experiencing Social Anxiety?

Social anxiety should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

I avoid situations where I might be the center of attention.

☐ Never ☐ Occasionally ☐ Sometimes ☐ Often

Fear of embarrassment causes me to avoid doing things or speaking to people.

☐ Never ☐ Occasionally ☐ Sometimes ☐ Often

When I'm with other people I worry about being embarrassed, looking stupid, or doing something to humiliate myself.

☐ Never ☐ Occasionally ☒ Sometimes ☐ Often

If I have to endure a social situation, it makes me feel very anxious.

☐ Never ☐ Occasionally ☐ Sometimes ☐ Often

Speaking in front of a group of people makes me feel anxious.

☐ Never ☐ Occasionally ☒ Sometimes ☐ Often

If you answered 'often' to most of these questions, and you find that these fears cause hindrance in your life, you might be experiencing social anxiety. You might find it helpful to speak to your general practitioner, or a mental health professional about how you're feeling.