

# AI-00100 50 signs that I am self-conscious

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## 50 signs that I am self-conscious

Self-consciousness can be a challenging trait to manage, as it can interfere with social interactions, personal relationships, and self-confidence. Here are 50 signs that you may be self-conscious:

1. Feeling anxious in social situations
2. Fear of being judged by others
3. Worrying about what others think of you
4. Difficulty asserting yourself
5. Feeling uncomfortable in the spotlight
6. Avoiding eye contact
7. Feeling nervous when speaking in public
8. Feeling embarrassed easily
9. Seeking constant reassurance from others
10. Feeling insecure about your appearance
11. Comparing yourself to others
12. Feeling like an imposter
13. Being overly critical of yourself
14. Second-guessing your decisions
15. Being hesitant to try new things

16. Feeling uncomfortable accepting compliments
17. Struggling to speak up for yourself
18. Feeling like you don't belong
19. Being overly concerned about making mistakes
20. Feeling like you're always being judged
21. Struggling to make decisions
22. Feeling like you're not good enough
23. Feeling like you don't fit in
24. Avoiding social situations
25. Feeling like you're being watched
26. Being overly sensitive to criticism
27. Feeling like you're not worthy of success
28. Feeling like you're not worthy of love
29. Struggling with social anxiety
30. Worrying about your performance at work or school
31. Feeling like you don't have anything to offer
32. Feeling like you're always in the way
33. Struggling to express yourself
34. Being overly concerned about pleasing others
35. Being overly self-critical
36. Being overly defensive
37. Being overly sensitive to rejection
38. Feeling like you're always on display
39. Struggling to accept feedback
40. Avoiding confrontation
41. Feeling like you're always being evaluated

- 42. Being overly concerned about your reputation
- 43. Being overly concerned about your social status
- 44. Being overly concerned about your image
- 45. Being overly concerned about your online presence
- 46. Feeling like you're always under scrutiny
- 47. Being overly concerned about being liked
- 48. Struggling to make decisions without input from others
- 49. Struggling to trust your own judgment
- 50. Feeling like you're not living up to your own expectations.

If you recognize any of these signs in yourself, it may be helpful to talk to a therapist or mental health professional about strategies for managing your self-consciousness.