

Examples of the signs and symptoms of social anxiety

	Never /Very Rarely	Occasionally /Rarely	Frequently	Very Frequently
Effects on thinking				
Worrying about what others think of you	0	1	2	3
Finding it difficult to concentrate, or remember what people say	0	1	2	3
Focusing attention on yourself; being painfully aware of what you do and say	0	1	2	3
Thinking about what might go wrong, ahead of time	0	1	2	3
Dwelling on things you think you did wrong, after the event	0	1	2	3
Mind going blank; being unable to think what to say	0	1	2	3
Effects on behavior				
Speaking quickly or quietly, mumbling, getting words mixed up	0	1	2	3
Avoiding catching someone's eye	0	1	2	3
Doing things to make sure that you do not attract attention	0	1	2	3
Avoiding difficult social occasions or situations	0	1	2	3
Effects on the body				
Signs of anxiety that others can see, such as blushing, sweating or trembling	0	1	2	3
Feeling tense; the aches and pains that go with being unable to relax	0	1	2	3
Panicky feelings: heart pounding, dizziness or nausea, breathlessness	0	1	2	3
Effects on emotions or feelings				
Nervousness, anxiety, fear, apprehension, self-consciousness	0	1	2	3
Frustration and anger, with oneself and/or with others	0	1	2	3
Feeling unconfident; feelings of inferiority	0	1	2	3
Feeling sad, or depressed, or hopeless about being able to change	0	1	2	3