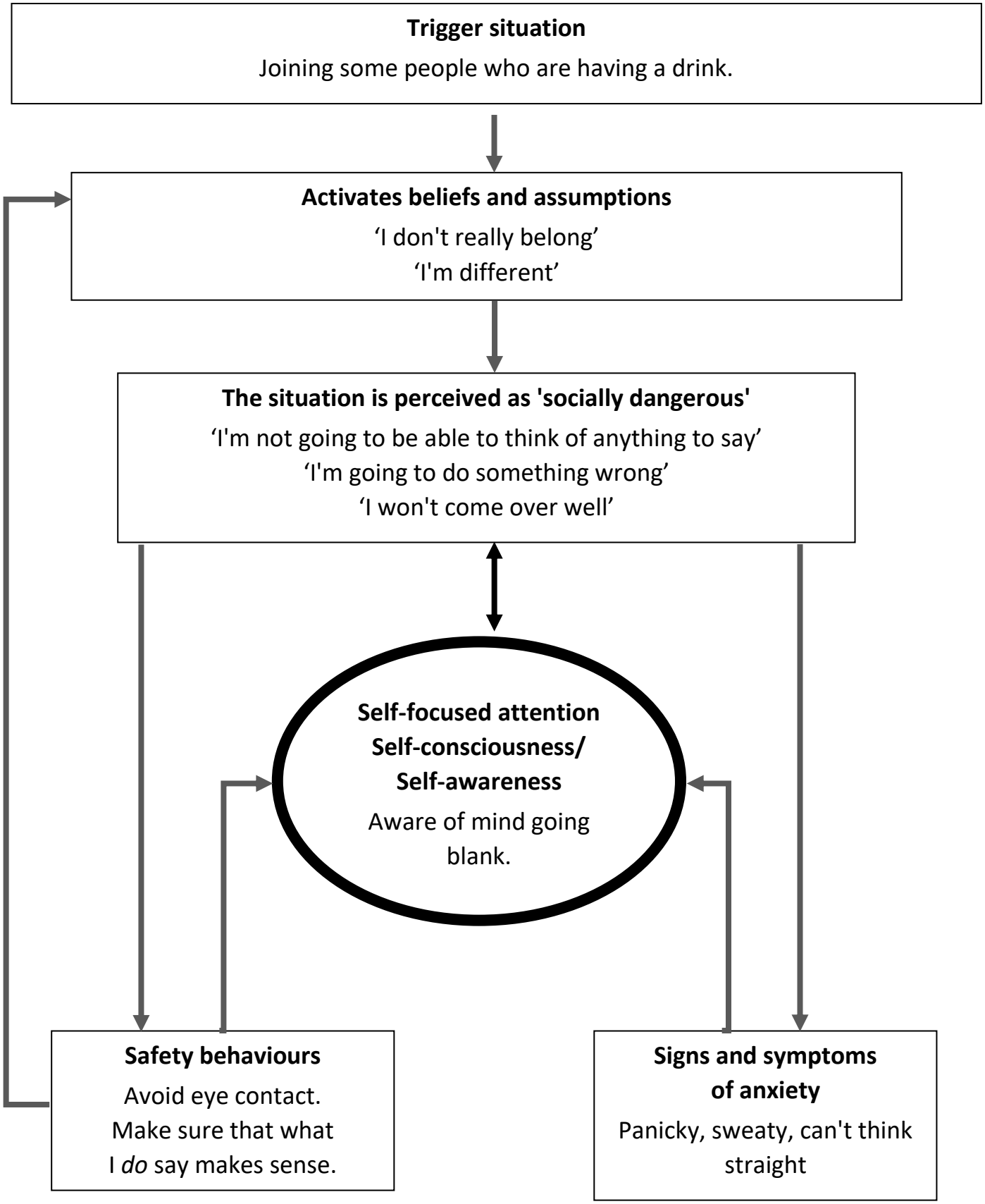Explaining Social Anxiety