

Am I Introverted, Shy or Do I Have Social Anxiety Disorder?

Feeling socially anxious? Spot the difference!

INTROVERSION

- A personality trait
- Drawn towards inner experiences rather than a strong need for external stimulation
- Likely to prefer low-stimulation settings, like one-on-one catch-ups or small groups

SHYNESS

- A feeling of fear or discomfort when around other people
- Shyness can change in intensity depending on the environment or people you're around
- Fear of negative social judgement
- More comfortable with familiar people

SOCIAL ANXIETY DISORDER

- A mental illness
- Overwhelming fear of negative social judgement or humiliation
- Social situations cause high stress
- Often avoids social situations in an attempt to manage feelings of anxiety
- May attend social situations but experience heightened anxiety



IDENTIFY WITH SOCIAL ANXIETY DISORDER?

Take a look at our [Social Anxiety Program](#) - we can help you treat it!



THIS WAY UP ↑↑