



جامعة قطر
QATAR UNIVERSITY

Together Let's Overcome Phobia



Do you know ?



Social phobia is one of the most common psychological diseases.

7 to 12 out of every 100 people will develop social phobia at least once in their life.

The rate of women infection is one and a half times higher than that of men.

In most cases, the disease first appears during adolescence.

Social anxiety disorder or social phobia

It is a type of disorder that occurs to the individual when he speaks for the first time or even after a period of acquaintance with new people, so he feels excessive fear and tension.



What is the difference between social phobia and shyness?

As for the shy person, s/he does not suffer from a feeling of embarrassment, but rather a lack of self-confidence during the presence in meetings and often tends to trust only one or two people.

A person with social phobia feels embarrassed while getting to know someone new, and all the time feels anxious and fearful.

Social phobia is much greater than the feeling of shyness or tension that usually occurs in gatherings

Factors leading to social phobia

Having bad experiences with other people (such as being ridiculed, humiliated, or excluded by others)

Certain ways of thinking (such as exaggerated expectations of oneself, negative self-views, or catastrophic perceptions of the consequences of self-behavior)

Personality traits (such as shyness and fear of new, unfamiliar situations)

Wrong upbringing

Genetics



Physical symptoms

Blushing

Quickened
heartbeat

Trembling

Sweating

Upset stomach or
nausea

Shortness of breath

Dizziness

Muscle tension

Common Physical Symptoms of Social Anxiety



BLUSHING



FEELING OF THE MIND
GOING BLANK



MUSCLE TENSION



SWEATING



QUICKENED HEARTBEAT



UPSET STOMACH



TREMBLING



LIGHTHEADEDNESS



SHORTNESS OF
BREATH

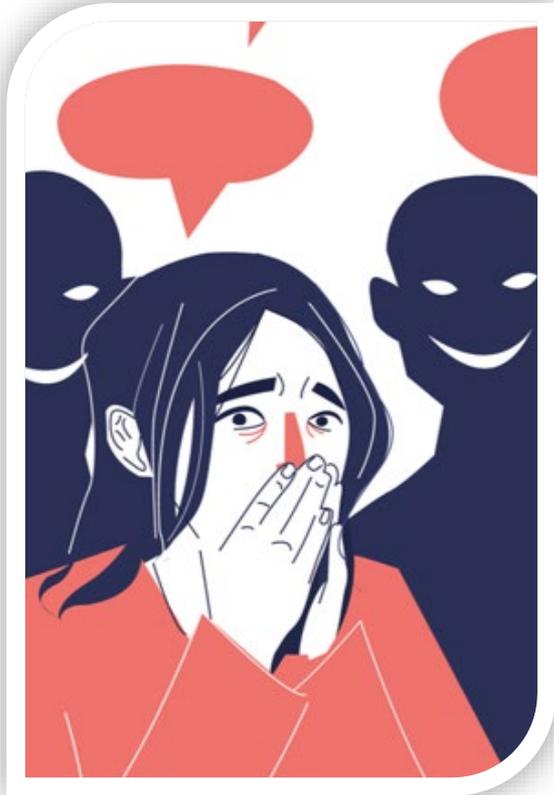


DIZZINESS



NAUSEA

Psychological Symptoms



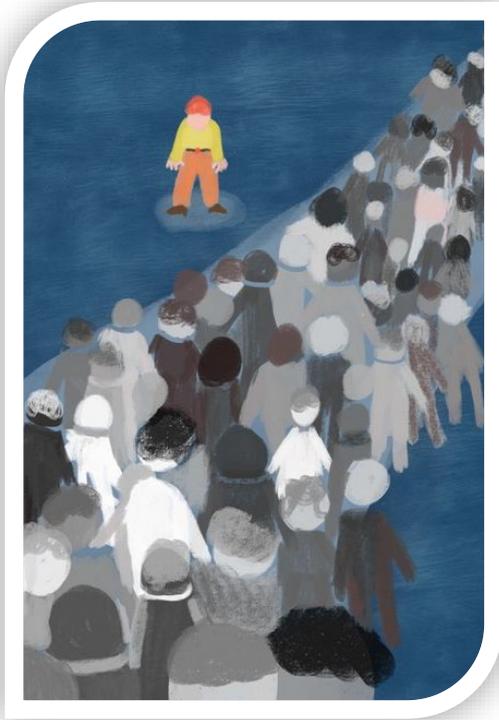
Fear of situations in which you might be judged.

Worrying about embarrassing or humiliating yourself.

Intense fear of interacting or talking to strangers.

Fear of others noticing your anxiety.

Psychological Symptoms



Spend some time after a social situation to analyze your performance and identify flaws in your interactions.

Anxiety in anticipation of a feared activity or event

Enduring a social situation in fear or intense anxiety

Expect the worst possible consequences due to a negative experience during a social situation

Withdrawal Behavior

Avoid interacting with unfamiliar or strangers

Avoid attending parties or social gatherings

Avoid situations where you might be under attention focusing

Avoiding doing things or talking to people due to fear of embarrassment

Avoid starting conversations

Not making eye contact

Avoid entering a room where people are already seated

Avoid eating in front of others

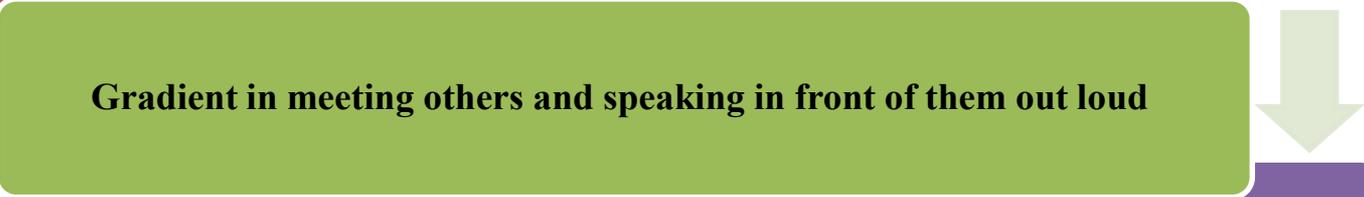


How to help yourself

Realize this early before it becomes deep-rooted



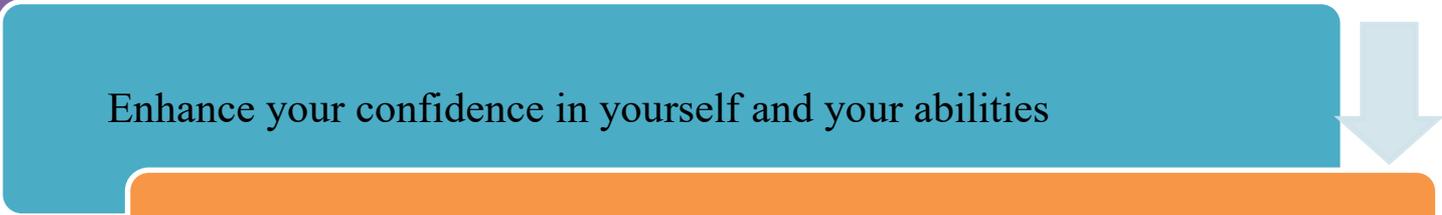
Gradient in meeting others and speaking in front of them out loud



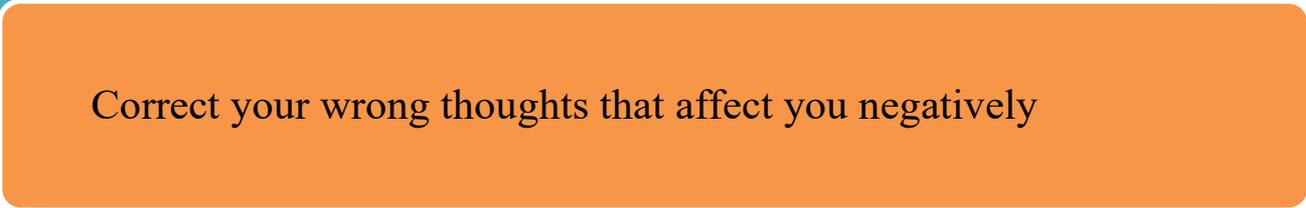
You can benefit from psychological and behavioral programs



Enhance your confidence in yourself and your abilities



Correct your wrong thoughts that affect you negatively



Tips to increase self-confidence in the face of social phobia

Be open to new experiences and hobbies

You have to be an expert in one of the topics.

Go with a positive optimistic people.

Spend some quiet time with yourself.

Meditate and try to know yourself



Tips to increase self-confidence in the face of social phobia

Be confident of yourself in making the right decisions.

Cross out the word “I can not” from your mind.

Face your fears and overcome them.

Stuck to your points.



Conclusion

