

## Social anxiety disorder

# What Makes Social Participation Difficult

Adults and teens 13+ | 10 to 15 minutes

Social anxiety disorder involves more than preferring quiet or feeling shy occasionally. A clinician can help assess fear, avoidance, and impact. This page explores one situation without requiring you to perform, expose yourself to hostility, or stop coping habits on your own.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

**Describe the social demand**

Choose a setting such as speaking in a meeting or meeting new people. Note feared judgment, what you do to manage it, and what participation you miss. Include real discrimination, communication differences, or access barriers.

**Define a worthwhile goal**

The goal may be asking a needed question rather than becoming outgoing. Ask what treatment and accommodations could help, and how any planned practice would be collaborative and appropriately paced.

**1. Which social situation is difficult, and what judgment do you fear?****2. What do you do before, during, or after it to manage that fear?****3. What meaningful participation would you like more choice about?****4. What treatment question, access need, or real social risk should your clinician consider?****Clinical use and adaptation**

Assess social anxiety rather than equating introversion, autistic communication, or minority stress with disorder. Do not use generic exposure in genuinely hostile settings. Collaboratively assess post-event rumination and safety behaviors within appropriate treatment.