

Social phobia is an anxiety disorder characterised by a fear of meeting new people, through fear of their evaluation of you. It is the case that those affected by social phobia fear that every new person they meet will think very little of them, and as a result of this will avoid all settings where they fear being on the receiving end of negative evaluation by others.

Social Phobia is more often referred to as Social Anxiety Disorder. There are two types of social anxiety disorder. The first type of social anxiety disorder involves the person having a fear of all settings where they will come into contact with other people. These people can find themselves living very reclusive lives living in social isolation.

Another type of social anxiety disorder is where people have a fear of negative evaluation by others in particular settings, but not all settings. A very common setting that Social Phobia occurs in is one where there is an element of performance. Performance Anxiety is the other term for this anxiety disorder and it can play havoc with one in education, employment, training, sports performance etc. This type of social phobia can also be remedied using techniques such as visualisation and positive thinking.

DUE TO THE NATURE OF SOCIAL PHOBIA THOSE SEEKING HELP WILL MOST LIKELY WISH A ONE-TO- ONE CONSULTATION, HOWEVER, A COURSE FOR SELF-SYMPTOM MANAGEMENT OF SOCIAL PHOBIA IS ALSO AVAILABLE