



## WHAT IS SOCIAL ANXIETY?

Social Anxiety Disorder involves discomfort and/or avoidance of certain social, performance or public situations. For many people, the fear and worry about being judged, criticized or embarrassed is very distressing and inhibits their lives.

Signs and symptoms of Social Anxiety may include:

- *Intense worry during or in anticipation of social or performance situations*
- *Rumination about interactions after the fact*
- *Avoidance of social activities or enduring them with great distress*
- *Avoidance leads to disruptions of one's normal routine, professional/academic responsibilities, or relationships*
- *Using coping strategies such as hiding in the corner, being on your phone or drinking alcohol in order to tolerate being in social situations*

## REGIONAL CLINICS

*NSAC has well-trained, certified cognitive-behavioral therapists who can help you overcome your social anxiety. If you think you or a loved one may have social anxiety, contact one of our Regional Clinics today.*

**[nationalsocialanxietycenter.com](http://nationalsocialanxietycenter.com)  
(202) 656-8566**

<b>BALTIMORE</b> (443) 470-9815	<b>NEW YORK CITY</b> (347) 470-8870
<b>CHICAGO</b> (773) 494-5505	<b>PHILADELPHIA</b> (215) 360-3547
<b>DALLAS</b> (214) 459-2776	<b>PHOENIX</b> (602) 242-5400
<b>DES MOINES</b> (515) 505-1666	<b>PITTSBURGH</b> (724) 609-5002
<b>DISTRICT OF COLUMBIA</b> (202) 244-0903	<b>ST. LOUIS</b> (314) 977-4850
<b>HOUSTON / SUGAR LAND</b> (281) 944-5588	<b>SAN DIEGO</b> (858) 450-1101
<b>LOS ANGELES</b> (310) 205-0523	<b>SAN FRANCISCO</b> (415) 689-4131
<b>LOUISVILLE</b> (502) 618-2060	<b>SILICON VALLEY / SACRAMENTO VALLEY</b> (408) 384-8404
<b>NEWPORT BEACH / ORANGE COUNTY</b> (949) 222-2848	<b>SOUTH FLORIDA</b> (561) 496-1094

**DEDICATED TO PROVIDING  
AND FOSTERING EFFECTIVE  
EVIDENCE-BASED SERVICES  
FOR THOSE STRUGGLING  
WITH SOCIAL ANXIETY**

*When the fear of judgment, embarrassment,  
scrutiny, criticism or rejection inhibits your life*

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## COGNITIVE-BEHAVIORAL THERAPY: THE TREATMENT OF CHOICE FOR SOCIAL ANXIETY DISORDER

Cognitive-Behavioral Therapy (CBT) is based on the fact that our thoughts, feelings, behaviors and life circumstances all interact with each other to create our unique experience. By making changes in one area, it is possible to create changes in all other areas, thus taking us closer to our goals.

Outcome studies demonstrate that CBT is the most effective form of therapy for the treatment of social anxiety. By teaching you specific skills and strategies to manage and reduce your anxiety, you develop a new approach to social experiences that will allow you to tackle future problems and reach desired goals.



## COMMON THERAPY GOALS IN CBT FOR SOCIAL ANXIETY

Cognitive-Behavioral Therapy (CBT) can be tailored to meet your specific needs and personal goals. Common personal goals include:

- **Enjoying socializing**
- **Talking to strangers**
- **Meeting and making friends**
- **Dating / forming relationships**
- **Doing daily activities while being observed by others**
- **Speaking in public / performing on stage**
- **Improving assertiveness**
- **Enhancing interviewing / networking skills**
- **Decreasing feelings of embarrassment in public**
- **Using public bathrooms**
- **Feeling less embarrassed by mistakes and social blunders**
- **Decreasing visible signs of anxiety**
- **Improving your mood / self-confidence**

*"I strongly support the mission and work of the National Social Anxiety Center."*

**– Dennis Greenberger, PhD**  
Director, Anxiety & Depression Center  
Newport Beach, CA



## SOCIAL ANXIETY IS A COMMON HUMAN EXPERIENCE

Anxiety is a natural emotion experienced by all humans that helps to alert us to potential threats. Social situations and, specifically, fear of being judged in those situations, is a common trigger for this anxiety.

Roughly 12% (15 million Americans), at some point in their lives, will experience social anxiety to the point of impairment of their regular functioning.

Given this prevalence, a great deal of research has been conducted to develop effective treatments for social anxiety. All Regional Clinics of the National Social Anxiety Center are trained in these evidence-based treatments and thus provide the most cutting edge and effective treatments to help you overcome your social anxiety.

