• making mistakes/performing badly/standing up/speaking/eating in front of other people.

Symptoms of social phobia can include:
• predicting the worst about the social situation beforehand and viewing it as having gone badly afterwards regardless of the facts
• avoiding specific types of social situations or a wide range of social situations
• checking for physical symptoms of their anxiety that may be visible to others
• withdrawing from other people in social situations, such as hiding in a corner or avoiding speaking to people or avoiding talking about him/herself
• avoiding eye contact or speaking quietly or too quickly or stammering
• escaping the situation due to the level of anxiety being experienced
• only going into social situations accompanied by someone they know.

Agoraphobia
Agoraphobia can often be described as a fear of:
• going outside
• open spaces
• leaving the person's 'comfort zone'
• leaving the person's home either at all or for long periods of time
• being alone when outside the home.

Symptoms of agoraphobia can include:
• predicting the worst about what may happen if they leave the home/go outside/enter an open space
• avoiding leaving the home/going outside/entering open spaces
• only leaving the home/going outside/entering open spaces for short periods of time or when accompanied
• panic attacks.