

- 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.