

# Social Phobia

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## PROVIDENCE BEHAVIORAL MEDICINE

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Do you feel afraid and uncomfortable when you are around other people?  
Some signs to look for about **social phobia**...

- I have an intense fear that I will do or say something and embarrass myself in front of other people.
- I am always very afraid of making a mistake and being watched and judged by other people.
- My fear of embarrassment makes me avoid doing things I want to do or speaking to people.
- I worry for days or weeks before I have to meet new people.
- I blush, sweat a lot, tremble, or feel like I have to throw up before and during an event where I am with new people.
- I usually stay away from social situations such as school or work events and making speeches.
- I often drink to try and make these fears go away.

If you have checked several of the boxes you may be experiencing social phobia. Contact a professional to share your concerns.

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**Our outpatient clinic can also provide assessment and treatment for  
SOCIAL PHOBIA**

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**Our Southfield site: 22255 Greenfield Rd, Ste. 132, Southfield, MI 48075. 248 849 3301**

**Our Livonia site: 37595 Seven Mile Rd, Ste 450, Livonia, MI 48152. 734 432 6665**