



Intense fear of being
1. IN THE SPOTLIGHT



Fear of meeting
2. NEW PEOPLE



Constant fear of being
3. EMBARRASSED OR JUDGED



Physical symptoms, such as
4. SHAKING, SWEATING AND SHORTNESS OF BREATH



Asking anxious questions, such as
5. “WHAT IF THEY DON’T LIKE ME?”



Speaking softly and
6. AVOIDING EYE CONTACT



Refusing to
7. SPEAK



Tantrums and crying when
8. FACED WITH SOCIAL SITUATIONS, ESPECIALLY IN YOUNGER CHILDREN



Getting upset well in advance when
9. TALKING ABOUT ATTENDING A PLANNED SOCIAL EVENT