



Dr. Tracy's Counseling Services

20 years of experience

Q: I am very nervous about having to give a speech at my brother's wedding. Is this normal?

A: Social anxiety disorder involves intense fear of certain social situations, especially situations that are unfamiliar or in which you feel you'll be judged by others. These social situations may be so terrifying that you get upset just thinking about them or go to great lengths to avoid them. You may be afraid that people will think badly of you. And even though you probably realize that your fears are at least somewhat irrational, you still can't help feeling anxious.

While it may seem like there's nothing you can do about the symptoms of social anxiety disorder or social phobia, in reality, there are many things that can help. It starts with understanding the problem. Social anxiety is actually quite common. Many people struggle with these fears. But the situations that trigger the symptoms of social anxiety disorder can be different. The most common specific social phobia is fear of public speaking. This is considered a fear worse than death for most people.

The following situations are often stressful for people with social anxiety disorder:

- Meeting new people
- Being the center of attention
- Making small talk
- Public speaking
- Talking with authority figures
- Being called on in class
- Going on a date
- Making phone calls
- Taking exams
- Attending social gatherings

Just because you occasionally get nervous in social situations doesn't mean you have social anxiety disorder or social phobia. Many people are self-conscious from time to time but it doesn't get in the way of their everyday functioning. Social anxiety disorder, on the other hand, does interfere with your normal routine. For example, it's perfectly normal to get anxious before giving a speech. But if you have social anxiety disorder or social phobia, you might worry for weeks ahead of time or get diarrhea before the speech, and dry mouth and shakes so that you are unable to speak. Social anxiety is treatable with counseling and/or medication.

Specializing in the treatment of:

Anxiety and Depression ~ Addictions

Trauma and Grief ~ General Coping Issues

**State approved to provide OWI assessments,
substance abuse assessments and substance abuse treatment**

Family Interventions

Women's Issues ~ Workplace Stress

Most insurance accepted.

**The goal of counseling is to increase the zest and enthusiasm
for living and to strengthen a person's ability
to make healthy choices.**

We work together as a team to meet your goals.

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