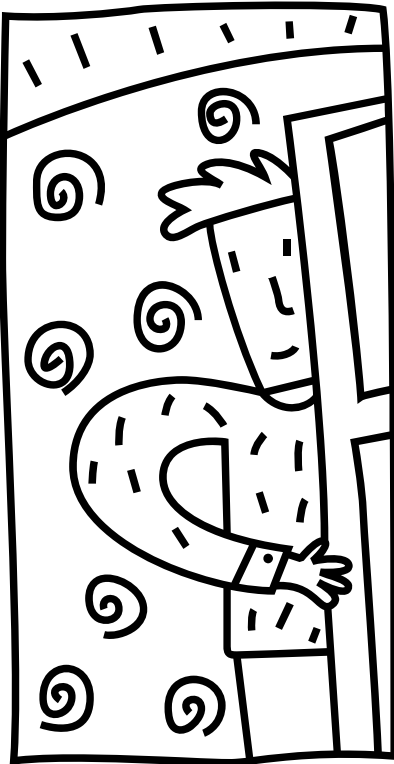


Social Phobia

DOES THIS SOUND LIKE YOU?

Do you feel afraid and uncomfortable when you are around other people? Is it hard for you to be at work or school? Put a check in the box next to the problems you are experiencing.

- 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 events and making speeches.
- I often drink to try to make these fears go away.



If you put a check in the box next to some of these problems, you may have Social Phobia.

WHAT IS SOCIAL PHOBIA?

Social phobia is a condition that can be treated. If you have social phobia, you are very worried about embarrassing yourself in front of other people. Your fears may be so serious that you cannot do everyday things. You may have a very hard time

talking to people at work or school. Your fear may even keep you from going to work or school on some days. You may worry that you will blush and shake in front of other people. You may believe that people are watching you, just waiting for you to make a mistake. Even talking on the phone, signing a check at the store, or using a public restroom can make you afraid. Many people are a little nervous before they meet new people or give a speech. But if you have social phobia, you worry for weeks before. You may do anything to stay away from the situation.


WHEN DOES SOCIAL PHOBIA START AND HOW LONG DOES IT LAST?

Social phobia usually starts when a person is still a child or teenager. It is rare for it to start after a person reaches their mid-twenties. Anyone can have social phobia, but more women than men have the illness. It sometimes runs in families. Without treatment, social phobia can last for many years or even a lifetime. If you have social phobia, you are not alone. In any year, at least 5.3 million Americans have social phobia.

WHAT CAN I DO TO HELP MYSELF?

Talk to a counselor about your fears and worries. Tell your counselor if these worries are keeping you from doing everyday things and living your life. You may want to show her/him this booklet. It can help you explain how you feel. Talking with a counselor (called "therapy") helps many people with social phobia by helping them become more comfortable in social situations. In addition, the counselor may refer you to Health Services for an evaluation to determine if medicine may also help you feel less anxious and afraid. Most important is to realize that there are people on campus who can help you deal with social phobia.

Source: NAMI Chicago

 THE UWL COUNSELING & TESTING CENTER STAFF ARE AVAILABLE TO HELP THOSE STUDENTS WHO ARE DEALING WITH SOCIAL PHOBIA AND OTHER LIFE ISSUES. CALL (608)785-8073 TO MAKE AN APPOINTMENT TO TALK WITH A COUNSELOR.