**Examples of situations that can provoke social anxiety are:**

<table>
<thead>
<tr>
<th>Examples</th>
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<tbody>
<tr>
<td>Any situation that involves human interaction.</td>
<td>Talking to authority figures.</td>
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<tr>
<td>Inviting people into the home.</td>
<td>Working or going to school.</td>
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<td>Eating or drinking while being observed.</td>
<td>Activities with peers.</td>
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<td>Using public toilets.</td>
<td>Being the centre of attention.</td>
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<td>Attending parties.</td>
<td>Signing documents or writing in front of people.</td>
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<td>Starting conversations or not being able to think of something to say.</td>
<td>Social interaction and meeting people, including strangers.</td>
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<td>Shopping when interaction is required, such as at checkouts or in smaller shops.</td>
<td>Public performance including speaking in groups.</td>
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<tr>
<td>Swimming, gym or exercise classes.</td>
<td>For children and young people: participating in classroom activities, asking for help in class and participating in school performances.</td>
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**Feelings and emotional symptoms**

- Anxiety, stress or worry.
- Embarrassment, shame or humiliation.
- Loneliness.
- Acting or feeling foolish.
- Feeling panicky or having panic attacks.
- Fatigue.
- Frustration or anger.
- A fear of negative observation/evaluation.

**Physical and cognitive symptoms**

- Feeling hot, blushing, sweating, developing a rash.
- Unable to think straight or the mind goes blank.
- Dry mouth and throat.
- Stumbling over words.
- Facial freezing or tension.
- Racing thoughts.
- Hand tremor.
- Poor concentration and short-term memory.
- Racing heart or palpitations.
- Easily distracted and uncoordinated.
- Trembling.
- Self-criticism.
- Headache.
- Urgency to use the toilet.
- Grinding teeth.
- Tightness in chest or hyperventilation.
- Nausea or butterflies, a churning stomach.
- Crying.
- Feeling lightheaded or faint.

**Behavioural symptoms and safety behaviours**

- Distraction (not listening, fidgeting).
- Talking excessively.
- Housebound.
- Avoiding initiating conversations.
- Not speaking or speaking quietly.
- Non-assertive behavior.
- Avoiding eye contact.
- Missings appointments, events or classes.
- Leaving/avoiding the situation.
- Choosing solitary hobbies or careers.