

# Social Anxiety Disorder (SAD)

## Symptom Checklist

The following are all emotional & behavioral symptoms of SAD, though everyone might not experience all symptoms. Some people might experience only one type of situation, while others might experience multiple symptoms in various social situations. In some instances, symptoms can overlap with or mirror those of ADHD.

Which of these show up for you?



- Feeling self conscious in front of other people
- Extreme fear that others will judge you
- Can worry for days or weeks before an event
- Avoidance of situations requiring social interaction and intensely uncomfortable if in a social situation
- Difficulty making or keeping friends
- Panic attacks including shaking, blushing, nausea, or sweating in front of others
- Fear that these physical symptoms will cause you embarrassment
- Difficulty talking to others (how to start, maintain and end conversations is a mystery)
- Avoiding doing things or speaking to people out of fear of judgment
- Avoiding situations where you might be the center of attention
- Spending time after a social situation analyzing your performance and identifying flaws in your interactions
- Expecting the worst possible consequences from a negative experience during a social situation