

Free Write: Social Anxiety

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SOCIAL ANXIETY

When I think about social anxiety I know that it means having a fear of situations in which one may be judged, worry about embarrassment or humiliation, or concern about offending someone. For me, I hate it when I have to speak in front of many people, like in my speech class. I get nervous, red, and I start playing with my hair or start speaking really low. But once I know everyone and get the hang of it, I feel better and I don't get as shy. I know some people have it worse than me and having anxiety can really change a person. I believe that with practice and slowly facing your fears it will get better and having confidence within ourselves can make it easier for us to speak up and do things that we want.

There are many different types of situations where it happens. It looks a different way on people. I just wish all of us would not judge or make fun and just show care and love.