

Do you suffer from social anxiety/phobia??

Posted by doingtshuva - 17 Dec 2019 00:46

Social anxiety is the fear of **social** situations that involve interaction with other people. You could say **social anxiety** is the fear and **anxiety** of being negatively judged and evaluated by other people. It is a pervasive disorder and causes **anxiety** and fear in most all areas of a person's life.

?I believe, that for me, my suffering and hiding was what made me depressed. It also dragged me to porn, for a sort of relief.

Due to my illness, I don't trust people, and I will have it very hard to get helped. Meanwhile my years are going by with hidden tears.

Would love to hear from people who were struggling with social phobia and managed to cure themselves.

When I am sad, or when I feel I can't do, or go to places I want to go, then is when I usually fall.

I hope this thread will give some hope for anyone struggling in this area.

Sometimes I ask myself, if my phobias are due to my watching porn, or is my watching porn due to my phobias???

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Re: Do you suffer from social anxiety/phobia??

Posted by Markz - 02 Jan 2020 01:07

[farblunjet wrote on 02 Jan 2020 01:03:](#)

@ColinColin

Where do you live? How do you find events to go to? I'm so needing to find some events to go to! I'm in NYC.

There was one today in NJ....

Were you there?

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Re: Do you suffer from social anxiety/phobia??
Posted by farblunjet - 02 Jan 2020 01:07

@Markz

No, had no one to go with.

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Re: Do you suffer from social anxiety/phobia??
Posted by Markz - 02 Jan 2020 01:27

[farblunjet wrote on 02 Jan 2020 01:07:](#)

@Markz

No, had no one to go with.

Um, One Hundred THOUSAND people is called 'no-one'??????

The entire Jewish community came out today to the largest indoor water-park the "American Dream",

you had no excuse to miss!!!

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Re: Do you suffer from social anxiety/phobia??

Posted by farblunjet - 02 Jan 2020 05:56

u got a point, but I didn't know anyone personally who is going. didn't wanna go myself.

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Re: Do you suffer from social anxiety/phobia??

Posted by ColinColin - 07 Jan 2020 02:48

I live in the UK.

I would imagine New York has a number of Kosher events, Jewish cultural centres and events run by Chabad.

newyorkjewisheventguide.com/

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Re: Do you suffer from social anxiety/phobia??

Posted by Markz - 07 Jan 2020 03:27

Seen Watson around?????

He did a GREXIT.... We need him back!

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Re: Do you suffer from social anxiety/phobia??

Posted by sbj - 09 Jan 2020 02:45

[doingtshuva wrote on 17 Dec 2019 00:46:](#)

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I've actually struggled greatly in this area. Got better. Still a way to go. I can identify with abuse as a child etc. Without professional help I wouldn't get anywhere. Cost what it may, you wont have a life without it. Staying closed within yourself will just keep you there - inside yourself. You need an outside force to effect some change. This is THE first step. Period.

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Re: Do you suffer from social anxiety/phobia??

Posted by Embaraased - 27 Mar 2020 03:07

Hello I can relate to social anxiety on many levels as well as the abuse I'm trying to make a forum for just people who got abuse but have no idea I'm not gonna say I'm a survivor but as time did go and I put on a bull confidence it actually merged into something though the sweat still remains by social gatherings!!!

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Re: Do you suffer from social anxiety/phobia??
Posted by sbj - 02 Apr 2020 21:57

Great idea! I encourage you to start such a thread. I suspect many others will appreciate it.

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Re: Do you suffer from social anxiety/phobia??
Posted by doingtshuva - 12 Feb 2023 23:53

Started this topic 4+ years ago, now days I handle my issues much better burich hashem.

Just wandering if it has to do with quitting porn ?

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Re: Do you suffer from social anxiety/phobia??
Posted by sleeepy - 13 Feb 2023 05:27

[doingtshuva wrote on 12 Feb 2023 23:53:](#)

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Just wandering if it has to do with quitting porn ?

i understand karma -1, but what does current streak-1 mean?

- [doingtshuva](#)

- Current streak: -1 days
- OFFLINE
- Platinum Boarder

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Re: Do you suffer from social anxiety/phobia??

Posted by simchastorah - 13 Feb 2023 06:27

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doingtshuva, I relate to this as well. I often feel a tremendous amount of anxiety during social gatherings. I even find going to shul to be a highly pressuring situation, and for this reason I usually daven b'yechidus. The anxiety I feel from these type of situations is often the first dominoe in a series which leads to falling and using porn. I wish I had some advice to offer, but I don't. But I can say you're not the only one, there are others like you, and with Hashems help we'll all be matzliach. Glad to hear from your more recent post that you're handling your situation better

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Re: Do you suffer from social anxiety/phobia??

Posted by doingtshuva - 13 Feb 2023 11:42

My father used to say, after getting married you will understand.

?He didn't know that I knew more then him way before my bar mitzva

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Re: Do you suffer from social anxiety/phobia??

Posted by chancy - 13 Feb 2023 17:24

I have social anxiety.

Im terribly afraid to make a mistake when i talk to others.

However, I daven for the amud and im baal kora as well. I hate it though. Its crazy.

I wish we can make a huge gathering of all the friends here in GYE. I would love to meet all of you. I think i would feel comfortable with most people here since we've shared some really deep and personal stuff already.

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Re: Do you suffer from social anxiety/phobia??

Posted by Hashem Help Me - 13 Feb 2023 17:37

A lot of anxiety has a lot to do with self-worth or lack thereof. Many guys who have put pornography usage behind them, report a lightening of their anxiety symptoms which makes sense. When a guy feels good about himself, it is easier to be comfortable with one's self and less anxious in general. And the fellow feels good for two reasons: 1. He got himself clean from pornography/masturbation/severe fantasizing and worse, and does not walk around with that level of guilt and shame he used to have - "if only everyone would know who i *really* am." 2. While getting better, this fellow learned that he was struggling along with many dear people. He was never the loser he thought he was. He learned to accept that he fell into this sewer b'onais - no-one prepared him for it, the urges and stimulation were too powerful for his innocent, unprepared, immature child's mind that had not yet developed the mechanisms for self restraint. So even before coming clean, he was preparing himself to be more content with himself and accept his imperfections. Hatzlocha to all. May Hashem remove all anxieties and depression.

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