

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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