

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 sleeepy - 13 Feb 2023 19:03

Just wandering if it has to do with quitting porn ?i understand karma -1, but what does current streak-1 mean?doingtshuvaCurrent streak: -1

days

guardyoureyes.com/media/kunena/avatars/resized/size144/users/avatar8715.pngOFFLINEPlatinum Boarder

sorry but i dont understand what you mean by this

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

Posted by doingtshuva - 13 Feb 2023 21:31

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 betterThank you for sharing,

I also use to find going to shul to be a highly pressuring situation, and for this reason I some times daven b'yechidus or in smaller shulls.

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

Posted by Geshmak! - 14 Feb 2023 03:32

[chancy wrote on 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.

I'm dying to meet you and give you a HUG!!! Same to all my other loving brothers here... maybe we can make a big gye Purim party somewhere?!?! No pressure, if you want to come and take of your mask is good if not then skip. Ummm. I'm not sure.

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Re: Do you suffer from social anxiety/phobia??
Posted by Geshmak! - 14 Feb 2023 03:39

[doingtshuva wrote on 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

You remind me of a joke. A father tells he's son turning 13 " your becoming bar mitzvah now and that means no standing in the hallway by davening anymore and no more talking by

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Re: Do you suffer from social anxiety/phobia??
Posted by doingtshuva - 14 Feb 2023 11:32

Givaldig, you made me laugh!!!!

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

Posted by eraygrand - 02 Mar 2023 18:46

I definitely suffer from some social anxiety especially with large groups but at least for me I think a large part is what HHM said, i.e., I think that if people knew what I did they would reject and be disgusted by me. I actually like davening for the amud on Shabbos because I do have a good voice (or at least that is what I've been told) and getting positive feedback from a large group that I would otherwise struggle with is great. Chazal already came up with all the words so no pressure in coming up with a conversation starter and by davening in a shul where people are makpid not to talk there is no competition.

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

Posted by Eerie - 03 Mar 2023 00:13

I can say for myself, that I definitely see that I have become much more confident in the past months, for sure because I am more content with myself, more at peace with the person I am. A huge part of that is effected by the guys here welcoming me, accepting me, respecting me. It was something that really ate away at me for years, and now, besides for BH cutting out the garbage, the chevra here really got me moving by making me, with all my shortcomings, feel welcome and accepted.

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

Posted by josh david - 03 Mar 2023 01:23

and now you are doing the same for others, accepting and loving them!!!

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

Posted by Hashemyishmor7 - 03 Mar 2023 06:11

I was hoping that I would find here more ideas on the social anxiety issue as described here in the beginning as I suffer the same.

But as I recently started working on myself in general and more specifically on my P&M it got much better and I became more comfortable between people and being in crowds.

I hope it's such the beginning and this will bring me to a full recovery

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