



## Social Anxiety Disorder \* by Peter Field

Social Anxiety Disorder or social phobia is perhaps the most common form of anxiety disorder that there is.

In fact, it's so common that it is believed to affect somewhere around 10% of the entire population in one degree or another.

What's more, it can affect absolutely anyone - from housewife to movie star.

Entertainers from Barbara Streisand to Donny Osmond have spoken of their experience, and eventual recovery from, social phobia and social anxiety disorder.

And the effects of Social Anxiety Disorder and social phobia can be truly debilitating, if not devastating.

Actual physical symptoms often accompany this particular disorder and these can include increased heart rate and palpitations, sweating and blushing, shaking and trembling, stammering and nausea. In acute cases, the person may feel dizzy and as if he or she is about to pass out.

All this, of course, simply serves to intensify the fear.

The real fear behind this particular disorder is often the fear of being evaluated and judged negatively by others. This fear or apprehension can make the person afraid of doing anything that might prove embarrassing to them in public.

Some of the really common forms are fear of general or specific social encounters and social interaction, fear of public speaking, fear of dealing with authority figures, fear of exams, fear of public speaking and fear regarding sexual performance.

Very often this disorder has its origins in childhood and infancy.

Indeed, the World Psychiatric Association (WPA) estimates that somewhere around 40% of all such phobias begin before the age of 10, and a gigantic 95% before the age of 20. And this appears to be the case, even though the actual symptoms may not become apparent until later on in life.

Left unresolved and untreated, depression can develop and some may turn to alcohol and drugs in order to cope.

All too frequently the medical response to social phobia and Social Anxiety Disorder is to simply drug it, often with anti-anxiety medication - selective serotonin reuptake inhibitors (SSIRs) such as Paxil or Seroxat (paroxetine) being particularly favored.

When psychotherapy is offered, it is usually in the form of Cognitive Behavior Therapy (CBT).

Yet, while both these strategies can provide relief to some sufferers, the emphasis is on controlling the symptoms rather than treating the underlying drivers, or cause.

And, in the experience of this therapist, as long as the drivers remain intact then, sooner or later, the anxiety will return - and all too often with a vengeance.

There is another way.

You see, the subconscious mind - that repository of beliefs - is simply trying to protect the individual from danger by creating feelings of anxiety and fear so that he or she will be safe from harm. But the subconscious has got it wrong. It is basing its faulty response on previous conditioning that is simply no longer appropriate.

With modern advanced hypnotherapy techniques we can reach deep within the subconscious mind, to where those feelings are generated, and adjust the faulty beliefs that are keeping the anxiety 'program' running.

Once this is accomplished, the symptoms - social anxiety and social phobia - simply become extinct because there is nothing to drive and sustain them anymore.

If you or someone you care about suffer from the truly debilitating effects of social anxiety disorder or social phobia, don't despair, real and effective help is available.

With modern advanced hypnotherapy, you can return to your true nature and be free of anxiety and fear once and for all.

**\* IMPORTANT: This Information is not a replacement for medical or nutritional advice. Be sure to contact your doctor if you're experiencing symptoms of social anxiety.**

**Peter Field is a leading British hypno-psychotherapist and originator of AIROTherapy™ with practices in Birmingham and London, UK. He is the author of numerous articles on psychotherapy, hypnosis and health and his articles are currently published internationally by more than 200 different websites. He is a Member of the British Association for Counselling and Psychotherapy and Fellow of the Royal Society of Health. For more of his interesting and informative articles visit his website:**

**<http://www.peterfieldhypnotherapy.co.uk>**

**For permission to reproduce this article electronically or in print, please email the author at: [innerhealing@email.com](mailto:innerhealing@email.com)**