



輔導工作室



不怕!

那只是社交焦慮~

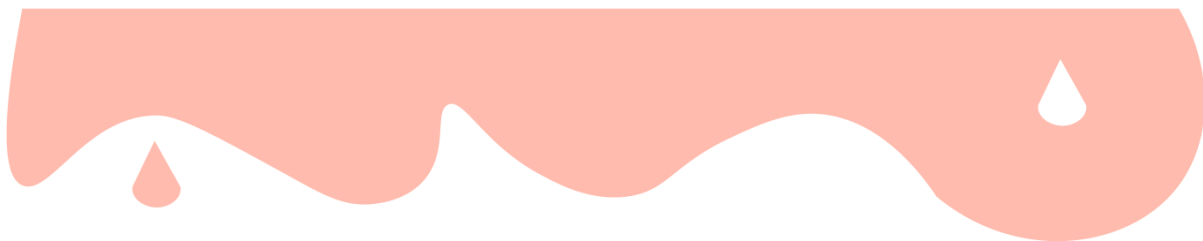
以下的對白是否也是你的心聲?

「大家約左去食開SEM飯, 我都好想同大家一齊玩得好開心, 但到時我又會好緊張同面紅。個個都咁outgoing, 我真係驚自己同人格格不入, 最後我又會係沉默的一個...」

「下學期要返學校上堂, 我咪要面對好多同學仔同老師? 我都唔識/唔熟D同學, 點算好...」

「呢兩年我慣左Zoom Presentation, 但返到課室望住全班同學, 我會手震同心跳加速, 我好驚講唔到呀...」

「點解唔可以WhatsApp, 點解要我打電話傾...我都唔知講咩, 等陣有 dead air 點算...」



當我們要面對一些不熟悉的人、面試或公開演說時, 我們難免會有點緊張, 但當那個場合完結後, 那份不安往往也會隨之減退。但若果你發現自己那份焦慮或恐懼強烈到...

- 出現強烈而持久的身體不適, 例如大量流汗、手震、四肢發抖、噁心、胃部不適和心悸;
- 時常擔心自己在社交場合中會被人批評, 不斷觀察其他人的說話、肢體語言去估計他們對自己的評價; 擔心及在意自己會出醜, 被人嘲笑;
- 雖然知道自己的焦慮是過度及不合理的, 但也想用不同的藉口去逃避那個場合; 若沒有選擇的話, 整個人也只會勉強忍受直至活動完結。

你可能有一點**社交焦慮**。



社交焦慮 ≠ “宅”、享受獨處、性格內向、害羞

有社交焦慮的人很多時並非真的喜歡獨處或留在家，而是很害怕與外界接觸。內心其實很渴望走出去，很希望自己可以跟別人一樣，自由自在去表達自己及結交朋友。

當你發現你也有一點社交焦慮時，你可以試試以下方法去幫助自己：

1. 挑戰自己的負面思想

當我們有一些對自己的負面想法，例如「其他人一定不喜歡我」、「我這個人很沉悶，他們一定不想聽我說話」，我們要提醒自己我們的想法不一定正確/成真，我的想法與別人對你的實際看法未必是一樣的。

2. 減少安全措施行為

所指的是當你處於一個社交場合時，你會做一些事情令自己感到安心，例如人群中戴上耳筒、逃避與別人的眼神接觸、坐一個不顯眼的地方、飲酒、早退。雖然這些行為可能令你那一刻有安全的感覺，但它亦阻止你去嘗試參與其中，延續甚至強化了你焦慮的情況。嘗試一步一步減少這些安全措施，讓自己有機會在社交場合中學習克服焦慮。

3. 放鬆練習

我們可以在活動前或活動中做一些放鬆練習，例如深呼吸十下，握緊再放鬆拳頭，將自己的壓力釋放出來，減輕因焦慮帶來的身體不適。

4. 循序漸進建立社交信心

我們首先可以嘗試與比較相熟的人在輕鬆的場合相處較短的時間，例如一起乘校巴，到多一點信心時就可以嘗試相約吃飯。過程中嘗試將自己的注意力集中在別人的說話，減少聚焦在自己內心的負面自我批評。要記緊我們不需要完美，我們每個人也有機會有失儀的一刻，一起帶笑而過也未嘗不是好事。

倘若社交焦慮的情況持續並為你帶來困擾，找我們談談吧！



Counselling Workroom



No Worries!

It's just social anxiety

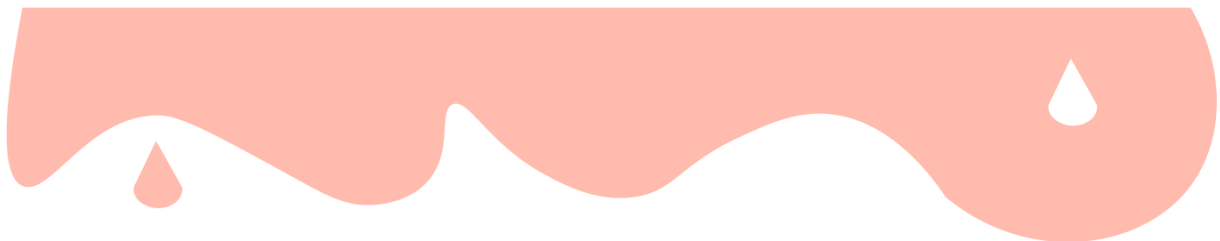
Do you have the similar thoughts as below?

"The classes will be resumed to be face-to-face mode next semester, it means that I have to face a lot of classmates and teachers. I am not familiar with them. They must dislike me..."

"Why they insist to use phone meeting but not communicate on Whatsapp, what if we all keep silent and it is so embarrassing...."

"I have been used to zoom presentation for the past two years, but now I have to face all classmates in the classroom during presentation, I am afraid that I will be speechless with pounding heart..."

"There will be lunch gathering during new semester. I really want to have a good time with everyone. But they are so outgoing, I will be so nervous and keep worrying that I cannot get along well with them. Finally, I will keep silent and look awkward..."



When we meet strange people, attend interviews or give public speech, we will inevitably feel nervous sometimes. Usually when the event is over, the anxiety will go away. However, if you find that the anxiety or fear is so overwhelming that ...

- You're suffered from intense and long-lasting physical discomfort, such as excessive sweating, hand tremors, trembling limbs, nausea, upset stomach and heart palpitations.
- You're worried about being criticized in social situations, and focus on others' words and body languages frequently; wonder how they think about you, worry and care that you will make a fool of yourself and be laughed at.
- Although you know that the level of anxiety is excessive and unreasonable, you still try all means to avoid being in the social situation; and you feel extremely hard to endure during the process if you cannot escape from it.

You may have certain level of **social anxiety**.



Social anxiety ≠ Staying home all the time, enjoy being alone, introverted, and shy

Most of the people with social anxiety do not really enjoy being alone or staying home, but they are afraid of connecting with the outside world. In fact, they are eager to hang out with friends and share with others.

When you also feel anxious in social situations, you can try the following methods to help yourself:

1. Challenge your negative thoughts

When you have some self-defeating thoughts, such as “Other people must dislike me” “I am very dull, they must be reluctant to listen to me”, you can remind yourself that your thoughts may be incorrect and not always come true, how others actually think of you may not be the same as yours.

2. Reduce your safety behaviours

It means that when you are in a social situation, you will do something to make yourself feel safe and in control, such as wearing earphones in public, avoiding eye contact, sitting in a corner, drinking alcohol, and leaving early. Although these behaviors make you feel better at that moment, they also prevent you from trying to participate in the social interactions, which in turn sustain and intensify your anxiety problems. You can try to decrease these safety behaviours step by step so that you have chance to face the anxiety in the social situation gradually.

3. Relaxation exercises

You can try to do some relaxation exercises before or during the activity, such as taking deep breath for ten times, clenching and then relaxing your fist. They might help you alleviate stress and reduce physical discomfort caused by anxiety.

4. Build up social confidence in social situations step by step

You can try to get along with those people who you are somehow more familiar with, for a short time in relaxed situations, such as taking the U shuttle together. When you have accumulated more confidence, you can try to have lunch with them. During the process, you can try to focus more on other people's words and attend less to the negative self-criticism in your mind. Remember that we don't need to be perfect, we all have chance to do some silly things in public, laughing it off together can also be a good moment.

If the social anxiety sustains and causes disturbance to you, do come and talk with us.
