

# Brief 4

Patrycja Reimus

# Going Out to Eat



YOU HAVE SOCIAL ANXIETY,  
I'M AFRAID



YOU'RE AFRAID?!

## Anxiety

The anxiety monster is small enough to sit on its victim's shoulder and whisper things to be their subconscious, shifting fearful thoughts and irrational worries. The anxiety monster is often seen as weak in comparison to others, but it is one of the most common and is very hard to get rid of.

They often carry small objects linked to their victim's anxieties such as checks which represent a common but irrational fear of things that might never happen. Some have even seen the face of the anxiety monster and always wear a skull as a mask.

only about things from hly.com

Toby Allen 2009



# Social Anxiety

Social anxiety disorder, sometimes called social phobia, is a condition characterized by excessive self-consciousness that goes beyond common shyness. Kids with social anxiety disorder are so worried about being judged negatively by others that they are terrified of doing or saying anything that may cause humiliation. The fear feels uncontrollable, even though older children often realize that their preoccupation isn't reasonable. Social anxiety disorder mostly affects adolescents, although it can also begin in childhood. Undiagnosed and untreated, it can lead to isolation and depression.

