



## Handbook of Social and Evaluation Anxiety (Paperback)

By -

Springer-Verlag New York Inc., United States, 2013. Paperback. Book Condition: New. 235 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.For a long time I have wanted to put together a book about social and evaluation anxiety. Social-evaluation anxiety seemed to be a stressful part of so many people's everyday experience. It also seemed to be a part of so many of the clinical problems that I worked with. Common terms that fit under this rubric include fears of rejection, humiliation, criticism, embarrassment, ridicule, failure, and abandonment. Examples of social and evaluation anxiety include shyness; social inhibition; social timidity; public speaking anxiety; feelings of self-consciousness and awkwardness in social situations; test anxiety; performance anxiety in sports, theater, dance, or music; shame; guilt; separation anxiety; social withdrawal; procrastination; and fear of job interviews or job evaluations, of asking someone out, of not making a good impression, or of appearing stupid, foolish, or physically unattractive. In its extreme form, social anxiety is a behavior disorder in its own right—social phobia. This involves not only feelings of anxiety but also avoidance and withdrawal from social situations in which scrutiny and negative evaluation are anticipated....



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