Social anxiety, just like many other psychological disorders, is surrounded by a cloud of misconceptions. After all, nobody can hope to effectively deal with something they don't understand. After all, nobody can hope to effectively deal with something they don't understand. Let's look at the most common misconceptions about social anxiety:

#10 Social Anxiety Is Caused by Parenting Issues

In some cases, overprotective parents who usually don't let their children spend time with other kids are the reason why adults develop social anxiety. But this problem can also be caused by trauma, criticism from our parents or teachers, bullying, public failures, etc. In this context, everything is OK. For them, trusting another person is not that easy which is why, they don't understand.

#9 Social Anxiety Is Not That Common

According to another statistic provided by the Anxiety and Depression Association of America (ADAA), about 15 million American adults have social anxiety disorder. This means that almost 1 in 16 US adults deal with this problem. One of the reasons why many believe that social anxiety is not that common is because this condition doesn't always manifest in a severe form. In addition, most people who seek help don't feel like they're socially anxious. They just have a hard time performing in social contexts. It's not like they hate other people and want to hurt them. Actually, it's the exact opposite. They fear that others might hurt them in a physical or emotional way.

#8 Social Anxiety Is Just a Phase

It might seem that way but in reality, people who experience social anxiety find it difficult to it's absolutely normal. Unfortunately, social anxiety is much more complex than that.

#7 Social Anxiety Is Not That Common

Social anxiety and shyness are two completely different conditions. The fact that you're shy doesn't mean that you have social anxiety. People act shy for various reasons. Maybe it's because they're insecure, or they're just not good at talking to new people. Shyness is an adaptive mechanism because it allows us to take a step back and think, before we act. Most of us experience a dose of shyness whenever we encounter a new situation and that's absolutely normal. Then, there are cases where social anxiety just enough to allow the person to function properly and start psychotherapy. In some cases, overprotective parents who usually don't let their children spend time with other kids are the reason why adults develop social anxiety. But this problem can also be caused by trauma, criticism from our parents or teachers, bullying, public failures, etc. In this context, everything is OK. For them, trusting another person is not that easy which is why, they don't understand.

#6 Social Anxiety Is Essentially the Fear of Public Speaking

It's not just about public speaking. Social anxiety has something to do with almost every social situation.

#5 People With Social Anxiety Are Lonely

Some people with social anxiety find it difficult to attend parties and meetings, while others can't eat in a restaurant or shop at the mall. The confusion between social anxiety and shyness is understandable, especially if you yourself are shy. But having social anxiety doesn't mean that you're socially isolated. People with social anxiety have less friends but that doesn't mean that they're lonely. In fact, they might seem lonely from the outside, but from their own perspective, everything is OK. For them, trusting another person is not that easy which is why, they don't understand.

#4 Medication Is the Only Option

Medication is considered the best option, ONLY when the person deals with severe social anxiety. Mild and moderate forms of social anxiety can be easily treated with non-drug treatments.

#3 People With Social Anxiety Are Antisocial

People with social anxiety don't seek to disturb others. They just have a hard time performing in social contexts. Some people with social anxiety use avoidance, but it's not because they're lazy or ignorant. It's the intense fear of social interactions that makes them hesitant.

#2 People With Social Anxiety Are Just Shy

Shyness is an adaptive mechanism because it allows us to take a step back and think before we act. Most of us experience a dose of shyness whenever we encounter a new situation and that's absolutely normal. Then, there are cases where social anxiety just enough to allow the person to function properly and start psychotherapy. In some cases, overprotective parents who usually don't let their children spend time with other kids are the reason why adults develop social anxiety. But this problem can also be caused by trauma, criticism from our parents or teachers, bullying, public failures, etc. In this context, everything is OK. For them, trusting another person is not that easy which is why, they don't understand.

#1 Social Anxiety Is a Phase That Goes Away

Social anxiety is definitely not a phase. It might start with just a few symptoms but in time, it's almost impossible to spot them.