

Social Anxiety Overcoming Fear of Social Interactions

[Dr. Pratibha Bezwada](#), your trusted Psychiatrist in Pune for depth insights into **Social [Anxiety](#) and Overcoming Fear of Social Interactions**. In this comprehensive blog post, we'll explore the intricate world of social anxiety – a common but often misunderstood condition. I'm here to provide you with a thorough understanding of social anxiety and equip you with practical strategies to conquer it.

Demystifying Social Anxiety:

Social anxiety, or social phobia, is an anxiety disorder characterized by an overwhelming fear of social situations. Unlike the usual anxiety, one might feel before public speaking or meeting new people, social anxiety entails an intense and irrational dread of social encounters. Those afflicted by it are gripped by incessant worry about judgment, humiliation, or embarrassment, even in seemingly benign social settings.