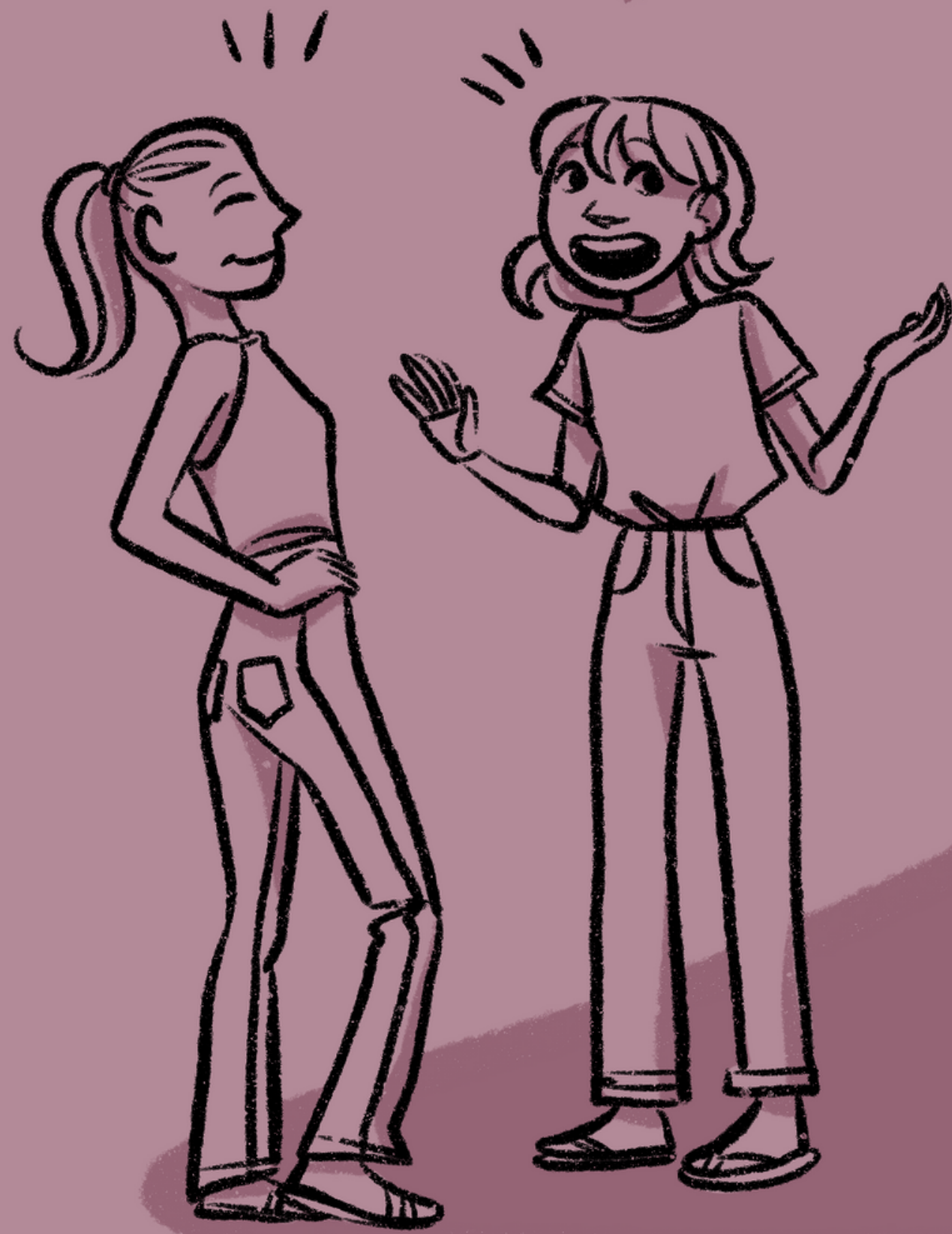




Social anxiety is such a rigid, all-encompassing feeling.

flow



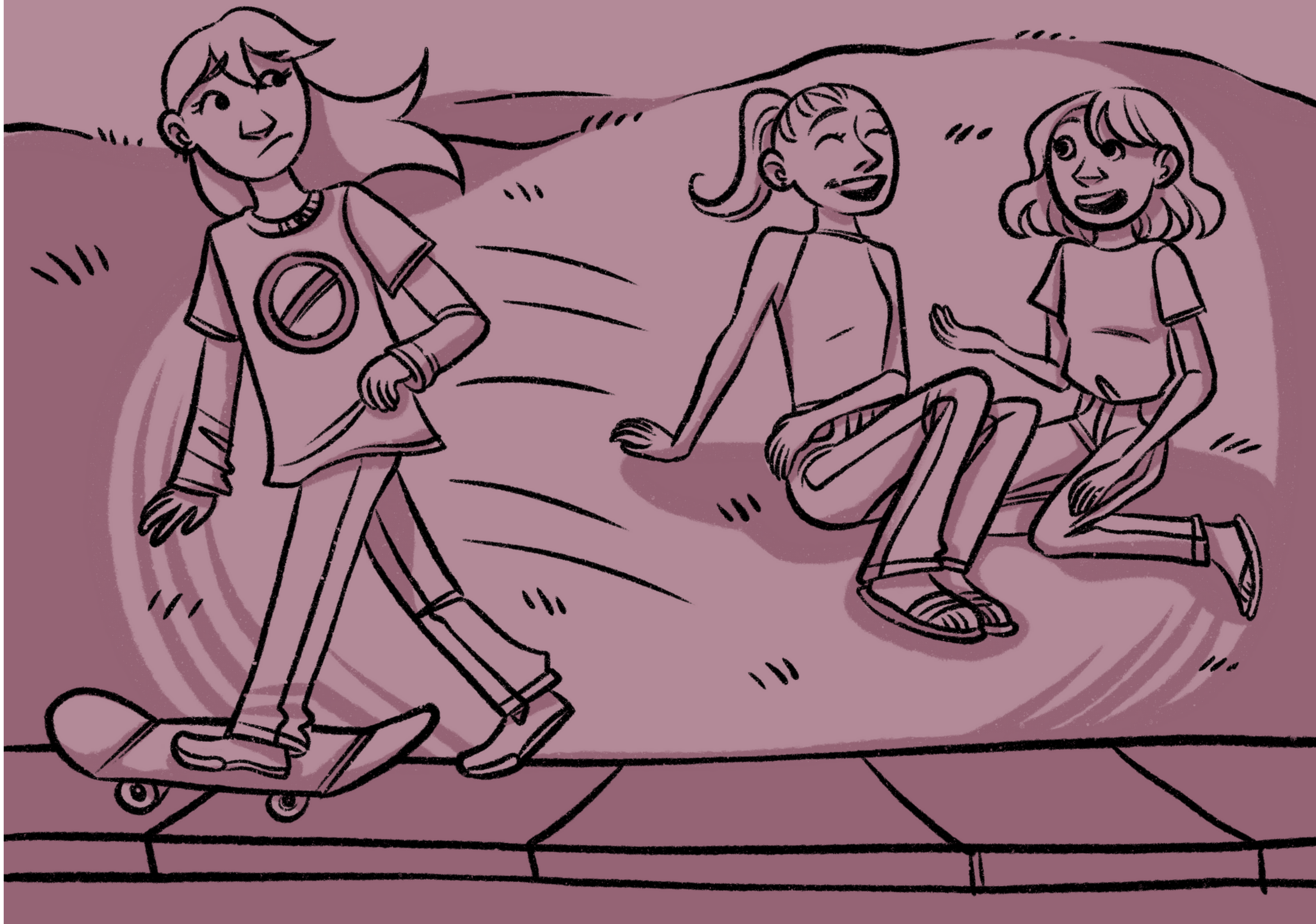
You crave human connection
(like we all do), but then
that anxious inner voice whispers



"What if they don't like you?"

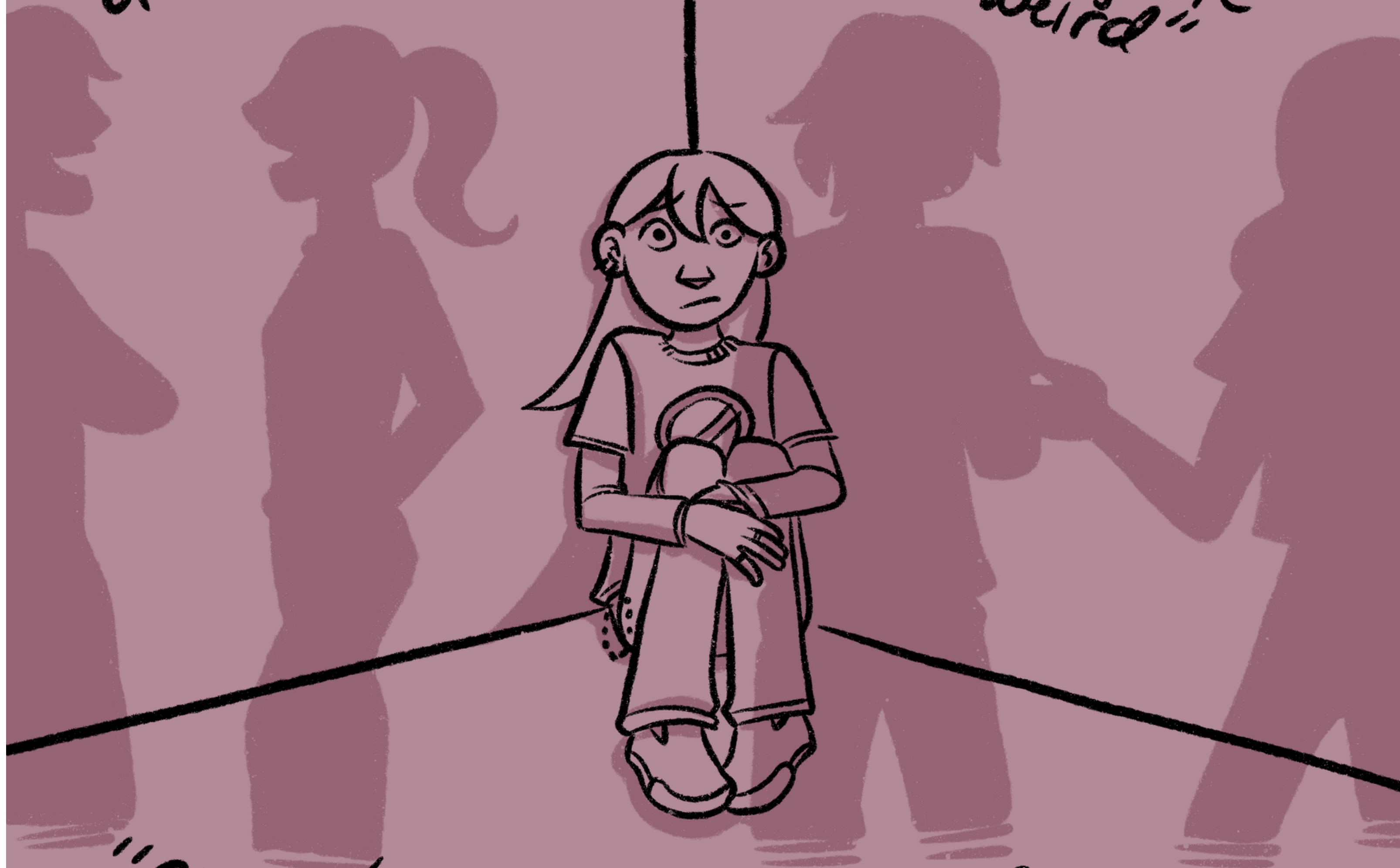
The more you worry that people
don't like you, the easier it
is to automatically assume

it's true.



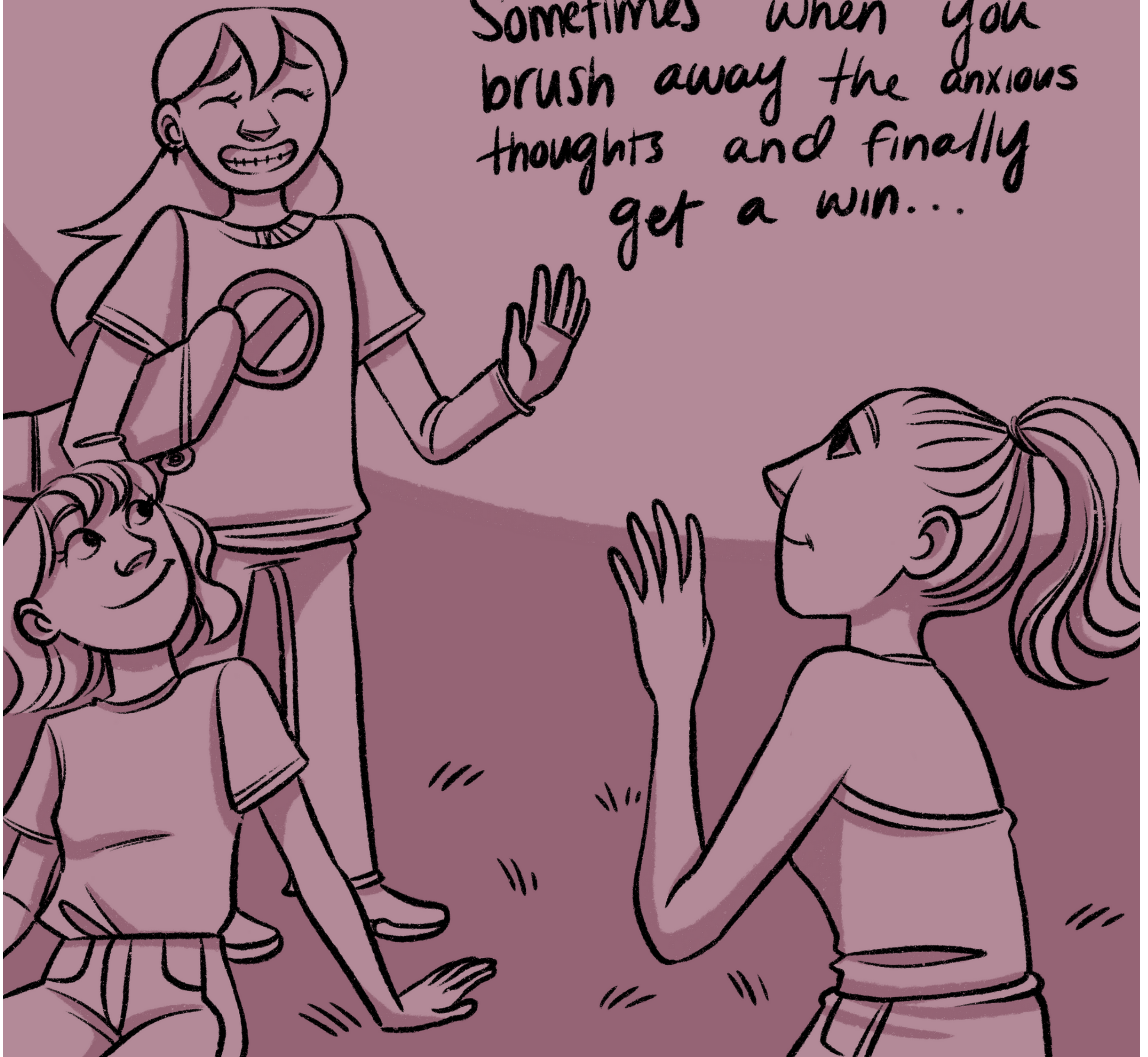
"don't even bother"

"they'll just think you're weird"

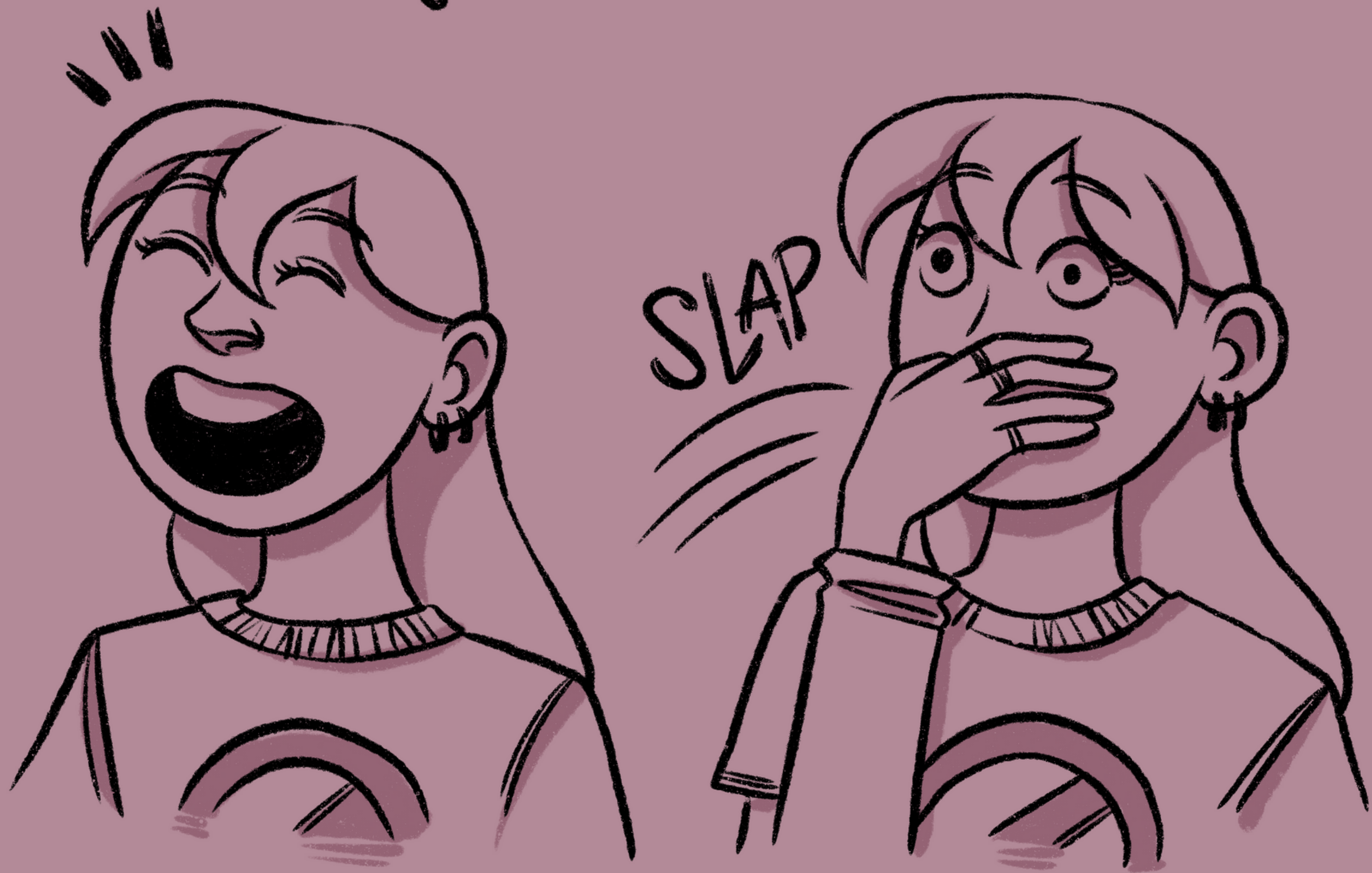


"everything you say is so embarrassing, why even try"

Sometimes when you
brush away the anxious
thoughts and finally
get a win...



... you'll say something awkward
& immediately want to eat
your words.



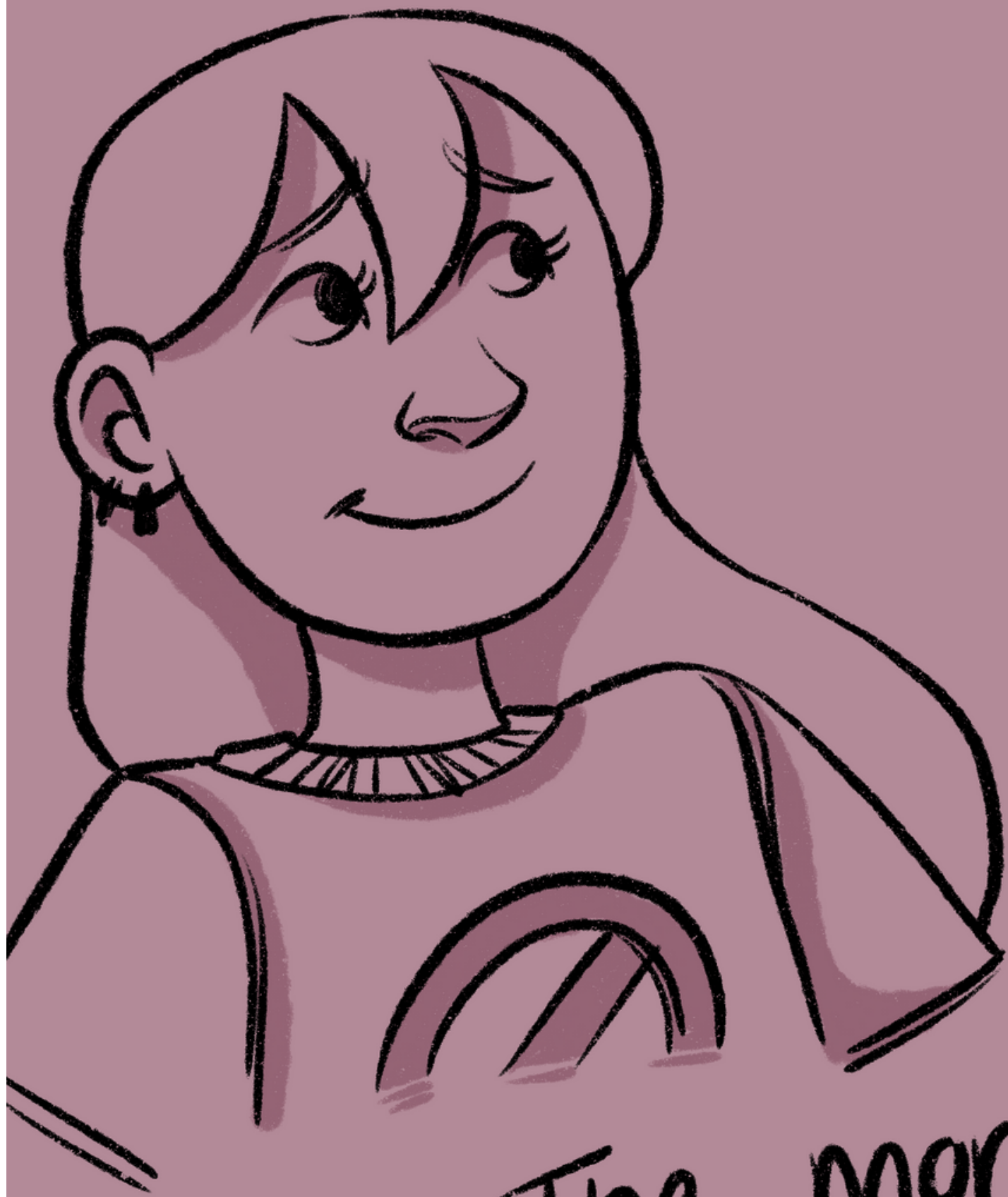
(and then probably crawl into
a hole and never come out)

It feels like
it confirms
your worst
suspicions



(even though
the people you
were with 100%
definitely didn't
think twice
about it.)

The more you do
it, though,



The more you get to see
how little they think
about those "mistakes"
you make.

Usually, that anxious voice is a liar. The less power you give it, the quieter it gets.

