Meet Mike who experienced an anxiety disorder called Social Anxiety Disorder

He experienced anxiety when he had to give a speech or talk in front of other people. He found having to do these things so anxiety provoking and distressing that he would avoid situations at work or in life where he may have to present to others. He felt really anxious that he would do it wrong and that people would see how anxious he was and judge him. His best friend James was getting married and had asked Mike to be best man. He wanted to say yes, but knew that he would not manage the speech without help. He used an evidence based approach called Cognitive Behavioural Therapy (CBT) to help with his difficulties.

Mike’s physical symptoms
- Heart racing
- Sweating
- Shaking and trembling hands

Mike’s altered thoughts
- “I will stutter and go wrong”
- “Everyone will stare at me”
- “If they see how anxious I am they will think I am pathetic”
- “They will see I am sweating and think I am disgusting”

Mike’s behaviours
- Avoiding situations in which he may need to present or give a speech
- Dropping out of a promotion at work as the interview had a presentation
- Not speaking at his Dad’s funeral
- Wearing lots of deodorant and keeping hands in pockets