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What Is Social Anxiety? Social Anxiety Is The Term Used To Describe A High Level Of Shyness. Of Course Everyone Feels Shy Or Anxious In Certain Social Environments, But For Some People It Can Be A Little More Extreme. When This Is The Case It Has A Very Debilitating Affect On Their Lives And Stops Them Doing The Things They Would Like To. Mar 1th, 2024

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Social Phobia—Not Just Another Name For Shyness

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