



In Person and Online Counselling



OVERCOMING
SOCIAL ANXIETY

Social Anxiety

Social anxiety is a condition marked by a significant fear of social situations where, at its core lies the belief and fear that you are being exposed to possible scrutiny by others. Those struggling from social anxiety often experience intense nervousness and apprehension about being judged or negatively evaluated. This can lead to avoidance of social interactions, ranging from everyday activities like meeting new people or speaking in groups, to broader social occasions. As a result, individuals may find themselves increasingly isolated, avoiding not just problematic situations but potentially rewarding experiences in a range of different social settings.

This is where the services provided by Affordable Counselling can become a vital resource for those struggling with social anxiety. At the core of the Affordable Counselling's approach is the understanding that overcoming this anxiety involves more than just managing symptoms—it requires building a new relationship with oneself and with others.

Therapeutic Session at Affordable Counselling

Counselling with one of our therapists typically begins with creating a safe and non-judgemental environment where individuals are encouraged and supported to openly discuss their fears and challenges without the fear of being evaluated, judged or disapproved of. This setting itself begins to counteract the isolation that social anxiety often creates, providing a real-time practice ground for social interaction in a supportive environment.

Cognitive-Behavioral Therapy (CBT)

One of the fundamental techniques we use in counselling is cognitive-behavioural therapy (CBT), which is highly effective for treating social anxiety. CBT focuses on identifying, understanding, and changing thinking and behaviour patterns. In sessions, clients learn to recognize and challenge their negative thoughts and beliefs about social interactions. For example, a belief that one must always perform flawlessly in social settings can be broken down and explored for its validity and helpfulness. Clients are also taught psycho-education and coping skills to decrease their anxiety responses and help prevent avoidance behaviours.

Moreover, exposure therapy, a component of CBT often used by therapists in Affordable Counselling, involves gradual, managed exposure to the feared social situations. Starting with less intimidating interactions and gradually moving to more challenging ones, these techniques help clients build confidence and reduce their anxiety through repeated experiences that disconfirm their fearful expectations.

Skill Training

Counsellors also work on skills training as part of the therapy. This can include teaching effective communication skills, assertiveness training, and even exploring different social scenarios to prepare for real-life interactions. These practical exercises are highly beneficial, as they equip clients with the tools they need to engage confidently in various groups, whether in social circles, professional environments, or new experiences.

Resilience And Self-esteem

Building resilience and self-esteem is another critical aspect of the therapy we help each of our clients develop at Affordable Counselling. As clients start to participate more in social activities, they gather evidence of their capabilities and begin to view themselves in a more positive light, all the while supported by the therapist. This self-reinforcement encourages further engagement and diminishes the power of social anxiety.

Empowering individuals

Ultimately, the goal of counselling at Affordable Counselling is not only to reduce the symptoms of social anxiety but to empower individuals to lead fuller, more socially connected lives. Through a combination of cognitive-behavioural techniques, practical skills training, and supportive therapeutic relationships, clients can overcome their fears, embrace opportunities for social interaction, and thrive in various group settings. A group can be as small as two to large social gatherings.

The journey might be challenging, but the rewards of reclaiming a life unhindered by fear are immense and life-changing. We hope to support you on such a journey.

The first step is to reach out to us at Affordable Counselling, where we are delighted to embark on the journey with you in putting social anxiety behind you and achieving a more fulfilling life experience.

In Person and Online Therapy

You can book a counselling session [Here](#)

Visit our website www.affordablecounselling.ie

Details of each Therapist can be found on www.affordablecounselling.ie

The Amden Suites, Floor 2, The Atrium, Blackpool Business Park, Cork

Directions: [Click Here](#)

This publication is for informational purposes only and not intended as specific advice. It reflects only the opinions of the author(s) and should not be construed as professional medical advice. Readers are advised to consult a qualified professional for any health-related decisions.

This publication does not endorse specific treatments or therapies and should not be considered a substitute for professional care.
The author(s) disclaim any liability for actions taken based on the content of this publication.