

Avoidant Personality Disorder

Avoidant Personality Disorder, the severe form of Social Anxiety, often overlaps with Generalized Social Anxiety

Symptoms include

- Feeling inadequate
- Feeling depressed
- Feeling anxious or nervous
- Being over sensitive to criticism
- Being fearful of rejection
- Being afraid of being ridiculed or shamed
- Avoiding contact with other people
- Having a negative view of self, e.g. ugly, inept, inferior
- Avoiding anything new that might lead to embarrassment

The thought processes usually begin in childhood or adolescence and continue into adulthood. They usually start in response to significant and stressful problems in the environment, eg the family, school etc

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