social anxiety flow chart

situation
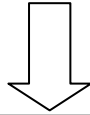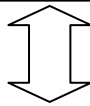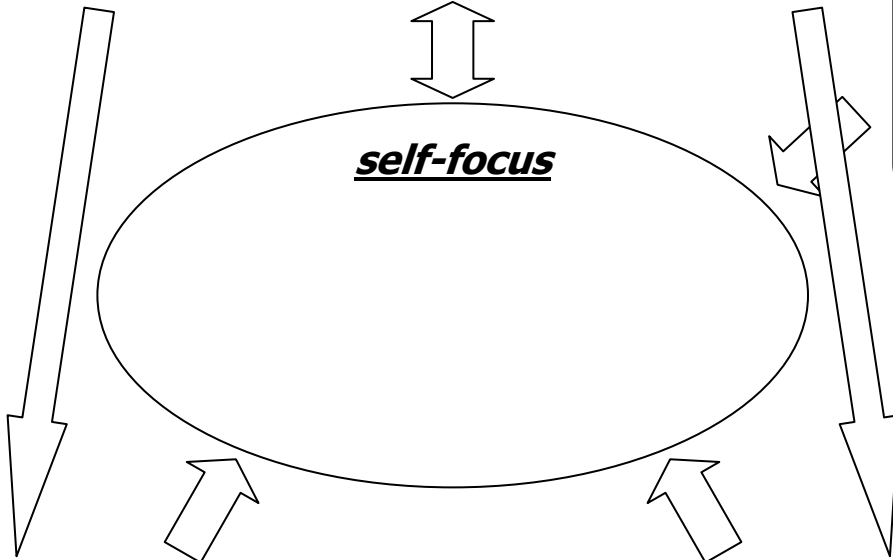
thoughts

early experience

self-focus

safety behaviours

anxiety symptoms