

Diana: Social Anxiety Patient



- **Social Anxiety**
 - **Anxious in social groups**
 - **Quiet or silent**
 - **Thinks she does not have much to offer**
 - **Thinks others are more interesting**
- **Performance anxiety at a new job**
 - **Feels incompetent compared to others**
- **Intimate relationships**
 - **Small circle of friends**
 - **Engaged**
 - **Enmeshment with family, overprotected as a child**
- **Social anxiety goes down with repeated exposure**
- **Able to live a fulfilling social and work life**

Charles: Avoidant Personality Patient



- **Childhood**
 - **Alcoholic household that did not share feelings or meet his emotional needs**
 - **Loner, some bullying**
- **Work**
 - **Same job for 25 years, same cubicle**
 - **Co-workers are like his family**
- **Alcoholism**
 - **Drinks heavily on weekends**
 - **Black outs to avoid loneliness from social isolation**
 - **Can't stop drinking to the point that his job is at risk**
- **Social Life**
 - **One girlfriend many years ago, fear of dating**
 - **No close friendships**
- **Core beliefs**
 - **Unlikable, unlovable and worthless as a human being**