
Living With Social Anxiety or Overcoming Social Anxiety?

As a person who lived with social anxiety myself, I would never tell anyone that overcoming social anxiety is easy.

A lot of work is involved, and time and patience is required. Everyone would like to get better instantly. That's human nature and is understandable. But social anxiety is not something that can be "cured" instantly.

On the other hand, I disagree completely with people who say you can get better, but you always have to live with your social anxiety for the rest of your life. I know this happens, but it doesn't have to happen. With the proper understanding of therapy and how it works, people not only get better – they can continue to get better.

I do not like to talk about time when it comes to overcoming social anxiety. Everyone defines their anxiety problems in different ways and everyone describes the recovery process in different ways.

My recovery from social anxiety was blind in the sense that there was no available help, not even a book published on the subject, in my darkest years. Therefore, my recovery from social anxiety took over a decade.

Don't be alarmed by this, however. I was lucky and life events gently moved me in the direction of overcoming this disorder. Today, using the research and clinical findings available, the majority of people with social anxiety make relatively quick progress. It doesn't take ten years to get better.

But, since everyone is different, and everyone has a different "level" of social anxiety, some people take longer to overcome social anxiety than others.

That is perfectly normal and should be reassuring. Barring other mental conditions, everyone can overcome social anxiety.

