

You will be worried that you will do something or act in a way that is embarrassing or humiliating.

You might feel very aware of the physical signs of your anxiety. This can include sweating, a fast heartbeat, a shaky voice and blushing. You may worry that others will notice this or judge you. As a result you might find that you try to avoid such situations completely. You might realize that your fears are excessive, but will find it difficult to control them.