**September 23, 2024**

Social anxiety is a mental health condition where a person has an intense fear of being judged, embarrassed, or being rejected by others. It makes it hard for them to have relationships with others. It’s a chronic mental health disorder. over 15 million or 7 percent of Americans are affect by social Anxiety.

**September 27, 2024**

Mild Social Anxiety- A person with mild social anxiety may experience the physical and psychological symptoms of social anxiety. But still able to participate in social situations.

Moderate Social Anxiety- Moderate social anxiety is where a person who has it can experience physical and psychological symptoms of social anxiety but still participate in some social situations while avoiding other types of large social situations

**October 15, 2024**

Extreme social anxiety- A person with extreme social anxiety may see more intense symptoms of social anxiety such as a panic attack, in social situations. Because of this people that have this type of social anxiety often avoid social situations at all costs. Even talking to family members can be hard for them

**October 27, 2024**

Have a fear of social interactions for example speaking in groups and meeting strangers

Avoiding social interactions

Worrying before and after social events

Physical symptoms like sweating, trembling, or a racing heart in social situations

Overanalyzing interactions and fearing negative judgment from others

**November 27, 2024**

Genetics (Family)

Overactive brain responds different to social interactions

Past negative experiences from others (Bullying and embarrassment)

Other events like family conflict, abuse may be associated with this disorder

**December 7, 2024**

AI (Artificial intelligence) is the simulation of human intelligence in machines. It enables computers to perform tasks that typically require human thinking, such as learning, problem-solving, reasoning, and decision-making.

Types of AI

Narrow AI (Weak AI)

Designed for specific tasks like voice assistance (Sri, Alexa), Recommendation Systems – Netflix, YouTube, Spotify suggesting content

Genral AI (Strong AI)

A AI that can understand, learn, and apply intelligence across different tasks like a human. So it can learn like us and use it to help us

Super AI

A AI that can surpass human intelligence from all aspects. t would be capable of independent thinking, self-awareness, and continuous self-improvement beyond human control.

**December 23, 2024**

What are they- Conversational AI designed to provide psychological support. They can use techniques like cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT).

How they help-These AI systems help others by providing an outlet to talk without the fear of judgment, which can help reduce isolation. They also offer practical tools for managing anxious thoughts, such as guided breathing exercises

Examples-Woebot is an AI chatbot that provides CBT tools for managing anxiety and depression. It tracks progress through daily check-ins and offers personalized advice.

**January 5, 2025**

Cognitive Behavioral Therapy (CBT)

CBT is a form pf psychological treatment that has been demonstrated to be very effective for many problems like depression anxiety, marital problems and ETC. It is a therapeutic approach that focuses on the connection between thoughts, feelings and behaviors. The main idea behind CBT is that negative or unhelpful thoughts that can lead to emotional distress and bad behaviors. By changing these patterns, individuals can improve their emotional well-being and better cope with challenging situations.

How it works

Identifying negative thoughts: First step is to find the negative thoughts and contribute to the anxiety

Challenging the Changing Thoughts: Replace the old thoughts with more realistic and balanced thoughts

Behavioral Activation: Encourages individuals to engage in activities that are rewarding or fulfilling

Practical Skills: Teaching practical coping strategies to help individuals handle anxiety-provoking situations

**January 10, 2025**

Cognitive restructuring- Challenging the belief that social situations are inherently threatening and replacing it with a more balanced thought

Gradual Exposure: Gradually confronting social situations that cause anxiety in a controlled way, starting with less intimidating situations and working up to more challenging ones.

January 17, 2025

Dialectical Behavior Therapy (DBT)

form of therapy that was originally developed to treat individuals with borderline personality disorder (BPD), but it has since been used effectively for various mental health issues, including anxiety and depression. DBT combines some elements from CBT with mindfulness and emotional techniques

How it works

Mindfulness: This aspect of DBT helps individuals stay in the present moment, rather than becoming overwhelmed by worries about the future or past.

Emotional Regulation: DBT focuses on teaching individuals how to identify, understand, and manage their emotions more effectively

Distress Tolerance: This is the ability to tolerate painful emotions and stressful situations without resorting to harmful behaviors

DBT for Social Anxiety

Acceptance and Validation: DBT teaches people to accept their anxiety as part of the experience, without judgment. This can be particularly helpful for individuals who may feel shame about their anxiety.

Mindful Exposure: By using mindfulness and distress tolerance skills, individuals can gradually expose themselves to anxiety-inducing situations and manage their discomfort in the moment.

**Jan 17,2025**

What it is-VR-based therapy allows individuals with social anxiety to simulate social situations in a controlled, virtual environment.

Examples- VR therapy helps people confront anxiety inducing situations in a safe and controlled manner, with AI adjusting the difficulty of situations based on the user's comfort level. This can lead to reduce fear and increase confidence over time.

24/7 Availability: AI tools are available at all times. Which means that users can access help whenever they need it, unlike therapist where you need to make a appointment and then go when they ask.

Non-judgmental Interaction: Many people with social anxiety feel embarrassed to find help. AI provides a private, safe space to interact without the fear of being judged.

Cost-Effective: Traditional therapy sessions can be expensive, making mental health support inaccessible for some individuals. AI-based tools often offer more affordable options, or even free services, making support more accessible to a larger audience.

**Jan 25 2025**

Not a replacement for Human Theripist

AI tools can provide support and guidance, but they cannot replace the emotions, and expertise of a trained therapist.

Privacy and Data Security

Since AI systems collect personal data about the person behaviors and life, there are concerns about the security of this information

Bias in AI

AI systems may sometimes have biases based on the data they are trained on. For example, a chatbot may not be effective with certain groups of people with different values.

**Jan 30 2025**

- If social anxiety makes you uncomfortable speaking in front of others, AI speech coaching tools can analyze and improve your communication skills by providing real-time feedback.

How to Use It Daily:

Before a Conversation: Practice speaking into an AI app, which will analyze tone, clarity, pace, and confidence in your voice.

 After Social Interactions: Record yourself summarizing a recent conversation, and AI will provide suggestions on how to improve articulation, reduce filler words, and increase vocal confidence.

**Feb 1 2025**

- The future of AI has many things for us to see we still don’t know if AI will take over the world or not. But what we do know is that AI will be a useful tool for everyone no matter who you are. We can use AI any where, In school, for speeches, even for a grocery list. AI is going to be every where and in every thing so instead of trying to get destroy it learn to use it for good.

I believe that AI would be really useful for not just Social Anxiety but for many other disorder. Since AI is a great way to get help for any thing you need at any time. It is a non-judgmental way to help you improve. But AI is something that can not replace human emotions or the human body. We need a human therapist to help us. In the end AI is a great tool but will never replace a human spirit.