

Overcoming Social Anxiety with the 12 Steps - 12 Step Recovery

Written by 12 Step Admin

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There are many in 12 Step programs who also suffer from an additional problem, crippling social anxiety problems, also called social phobia, avoidant personality disorder and for some can even become social agoraphobia.

My story starts in other 12 Step Programs but it lead eventually to a new 12 Step program for Social Anxiety Disorder and related problems, known as Social Anxiety Anonymous.

I am here to share my ongoing recovery and to also share how the 12 Steps can be applied successfully to Social Anxiety Disorder.

Thanks to the now almost 8 year old 12 Step Program, Social Anxiety Anonymous I am happy to share that recovery from social anxiety is possible using the 12 Steps. In my own case, I have now had an 80% reduction in my Social Anxiety symptoms for over six years, thanks to attending Social Anxiety Anonymous support groups.

Like all 12 Step programs, Social Anxiety Anonymous has it's own unique focus, bottom lines and some unique tools. Yet at it's core it is a 12 Step program. Social Anxiety Anonymous also is developing it's own Big Book which to date has more than 75 pages of literature. A work in progress at this point, it's contents are currently available online: Twelve Gentle Steps to Overcoming Social Anxiety.

One possible barrier to a person with social anxiety attending a social anxiety support group meeting is of course the social anxiety itself. That's why Social Anxiety Anonymous has telephone conference call support groups for overcoming social anxiety in addition to local support groups. The telephone groups can be a great help to anyone with social anxiety, but can also be a particular help to those who may be too anxious to attend face to face meetings. Couple that with the Social Anxiety Anonymous practice of "non-pressure" (the rule that no one in a Social Anxiety Anonymous group is ever pressured to do anything, that each member is free to just quietly listen and need not even share, and the result is a very safe environment for a 12 Step recovery group focused on helping those with Social Anxiety Problem: Social Anxiety Anonymous suggested meeting format.

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In loving fellowship, Phil M.

[Social Anxiety Anonymous](#)