

Maricela Rincon

Professor Elizabeth Montgomery

Composition 1 - 1301

Class 12:30

16 February 2024

Summary and Response to Social Anxiety in the Modern World

PART 1: Summary

In 2021, Dr. Fallon Goodman participated in a TED Talk to discuss the ins and outs of Social Anxiety in the Modern World. Dr. Fallon Goodman explains to her audience what social anxiety is and what signs we believe to be true. At the beginning of her TED Talk, she informs the audience that she has been a therapist for many years, and every time Fallon had a client come in, she would ask a specific question, “What is your purpose in life?” (Dr. Fallon Goodman) Many have explained that the purpose of life is to be an involved parent and live a simple, grounded life. This answer never satisfied Dr. Fallon Goodman until a young woman she worked with shared her thoughts on what she believed the purpose of life was. She explained that the purpose of life was “not to be noticed by other people.” Dr. Fallon Goodman explained she was baffled as to why a bright, witty young woman would believe that life’s purpose was never to be noticed. Dr. Fallon Goodman then explains the power of social anxiety. Social anxiety can disturb our everyday lives and withhold us from the life we want. She discusses that our social anxiety disorder is the fear of rejection and how we may overanalyze situations, situations that make us believe that we are less than others, for those who do have a social anxiety disorder. She explains how people find themselves copying others to fit in or go

unnoticed. She discusses how many people overlook social anxiety and, in many cases, the beginning stages of anxiety and mood disorders.

Dr. Fallon Goodman also begins to discuss the many misconceptions and misdiagnoses of social anxiety. She explains that statistically, people with social anxiety are the ones who have very public jobs such as modeling, acting, and sports. Fallon begins by naming many examples of athletes and actresses who suffer from social anxiety, such as athlete Ricky Williams and actress Viola Davis, and how they have used their platforms to help others struggling with social anxiety. Fallon describes how this generation of the world has the loneliest feeling compared to other generations. Still, subsequently, we have the most resources to connect with so many. Dr. Fallon Goodman then goes on to explain the importance of early detection, as social anxiety can affect our lives in many ways. She explains that two simple questions could quickly diagnose and should be standard when entering a doctor's office. "Is your fear of rejection among one of your worst fears?" And "Does your fear of rejection get in the way of doing things that you'd otherwise want to be or enjoy doing?" (Dr. Fallon, Goodman).

Dr. Fallon Goodman expresses that social courage is how we overcome social anxiety. Social courage means "pursuing experiences because they are important to you and knowing that the successes of those pursuits are not contingent on your worth as a human being" (Dr. Fallon, Goodman). She explains that the purpose of life is not to ensure you go unnoticed but to do whatever makes you feel most alive and authentic.

PART 2: Response

In the article, Social Anxiety by Dr. Fallon Goodman, she describes what social anxiety is and is not. As someone who believes they struggle with social anxiety, I think that all of the

points she made are very true—even some of the points that not many would like to acknowledge. We don't always tend to realize that we suffer from social anxiety because we have always been taught to overlook any sign of dysfunction. Dr. Fallon Goodman explains in her TED talk that many people live in sustaining normality and do what everyone else does for the sake of the judgment of others. I believe her points are correct because many of us follow the crowd. We don't want to be looked at in a particular light or feel like an outcast. I believe rejection can do a lot to the human mind. Any rejection can determine how you talk, behave, and treat others. Dr. Fallon Goodman broadened the spectrum of social anxiety and how it can affect our everyday lives. Towards the end of her TED talk, she explains that social courage is the solution to social anxiety. I believe it takes a lot of courage to stand out and be yourself. People can say how they feel and make decisions without considering how others may impact them. Dr. Fallon Goodman has helped me realize that I'm not alone and that there are many resources and ways to help others and be support systems. We have the power to branch out to our community to promote mental health and wellness.

Work Cited

Fallon. (2021, November 16). *Social Anxiety in the modern world: Dr. Fallon Goodman:*

Tedxusf. YouTube. <https://youtu.be/EFhP4wP1TzU?si=g2eiPfrwDs4jY2ht>