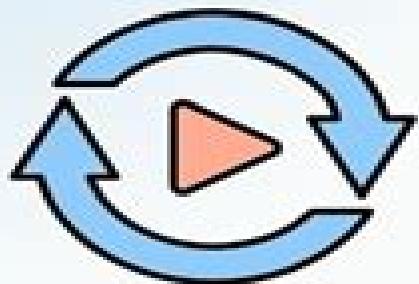


Signs you are overthinking social situations



constantly replaying
conversations in your mind



over-analyzing small
details (e.g., tone)



frequently worrying you
said something wrong



seeking reassurance
from others



struggling to focus
because of social worries



assuming others are
judging your negatively

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