

Please don't invite me! 请别邀请我参加派对!

Vocabulary: mental health 词汇: 精神健康

Do you **lose sleep** when you are invited to parties? I do - and I wonder if I'm part of the estimated 10% of the UK's population who suffer from what's called "**social anxiety**".

The first **clinical guideline** on the subject, published by the National Institute for Health and Care Excellence last year, says the **disorder** is the fear of, or anxiety about, social situations that is **out of proportion**.



Sufferers of social anxiety can feel very lonely

The person who suffers from social anxiety **blushes, sweats** a lot, is **short of breath** and is focused on what he thinks are his **inadequacies**. In my case, I worry that people at a party might notice I'm **shy** and my family is from a small backward town.

The thought of having to **socialise** can be in the sufferer's head for months beforehand. A woman interviewed by the BBC, Heather, begins to worry about the Christmas period as early as September. She pays her share of money to the office party even if she plans not to go. Heather says: "I buy it to make sure people don't think I'm **tight-fisted**, or that I don't like their company."

Social anxiety can affect both men and women. And even people who appear confident and **extroverted** can have the disorder. Social anxiety recently made headlines when the star of the hit movie "Hunger Games" Jennifer Lawrence spoke about her battle with it.

Some experts recommend **cognitive behavioural therapy**, which treats the **symptoms** rather than the causes of anxiety.

My grandmother told me to put an end to this fear of **not living up to expectations**. She claims to have a miracle cure for social anxiety. She told me: "when you go to a party, imagine everybody there in their underwear, with their bits hanging out. Imagine we have all to go to the toilet. We all wake up in the morning with bad breath and messy hair."

Maybe my granny is right. I should be more relaxed about things and stop thinking everybody is better than me. Who knows, maybe I will realise I am better than I think.

What about you: Do you suffer from social anxiety?

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. How many people in the UK suffer from social anxiety?
2. Why does Heather pay for a party she won't go to?
3. True or false? *Actress Jennifer Lawrence suffers from the disorder, which affects mostly women.*
4. Who has bad breath in the morning?
5. Which expression means a movie is popular?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. You're walking too fast. I can't catch up with you. I'm _____.

sweating	shy	tight-fisted	short of breath
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2. Johnny has no problem approaching a good-looking fellow student and asking her on a date. He is _____.

backward	messy	an extrovert	tight-fisted
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3. I won't go bungee jumping with you. I have a fear _____ heights.

about	of	over	towards
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4. Mary is very organised. She likes to plan things _____.

backward	beforehand	afterwards	out of proportion
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5. I'm not worried about tomorrow's exam. I've studied a lot so I won't _____ over it.

have fear	lose sleep	appear confident	focus
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Answers and Glossary 答案与词汇

Quiz 小测验

1. How many people in the UK suffer from social anxiety? **It's estimated that 10% suffer from the disorder.**
2. Why does Heather pay for a party she won't go to? **Because she doesn't want her colleagues to think she is tight-fisted or that she doesn't like them.**
3. True or false? *Actress Jennifer Lawrence suffers from the disorder, which affects mostly women.* **False. The disorder can affect both men and women.**
4. Who has bad breath in the morning? **According to the author's grandmother, everybody does.**
5. Which expression means a movie is popular? **A 'hit' movie.**

Exercise 练习

1. You're walking too fast. I can't catch up with you. I'm **short of breath**.
2. Johnny has no problem approaching a good-looking fellow student and asking her on a date. He is **an extrovert**.
3. I won't go bungee jumping with you. I have a fear **of** heights.
4. Mary is very organised. She likes to plan things **beforehand**.
5. I'm not worried about tomorrow's exam. I've studied a lot so I won't **lose sleep** over it.

Glossary 词汇表

to lose sleep	失眠
social anxiety	社交（引起的）焦虑
clinical guideline	临床指南
a disorder	（身心机能的）失调、紊乱
out of proportion	不成比例
to blush	害羞脸红
to sweat	出汗
to be short of breath	喘息急促，气喘吁吁
inadequacy	不足
shy	腼腆的，害羞的
to socialise	社交
tight-fisted	吝啬的，小气的
extroverted	（性格）外向的
cognitive behavioural therapy	认知行为疗法
symptoms	症状
not living up to expectations	达不到别人的期望