

Welcome Ranc1

Post by “Eikadistes” of January 21, 2025 at 1:44 PM

[Quote from ranc1](#)

CBT and modern self-help books are mostly based on stoicism and neurotypical people view social anxiety through the filter of stoicism - which does not work in real life and it is actually damaging.

This is a great observation many of us have also observed. Welcome!