

SPOTLIGHT EFFECT

They are busy with their own world.

Is Everyone Looking at You? (Actually, No!)

1. What is the Spotlight Effect?

It's the tendency to overestimate how much others notice our appearance or behavior.

It's one of the core components of social anxiety; we feel as if all eyes are on us.

2. Why Do We Feel It So Strongly?

- **Egocentrism:** Since we are at the center of our own world, we assume others also see us as the center of theirs.
- **Adolescence:** This feeling peaks during adolescence, when identity formation is most intense.

Everyone is looking at me!

Actually, everyone is thinking about themselves.

4. The Numbers Don't Lie

In one study, participants estimated that **50%** of people would notice a noticeable detail on a T-shirt, while in reality, **only 25%** actually did.



Estimated Notice

VS.



Actually Noticed

3. Ways to Cope



Develop Awareness

Remind yourself that no one notices your mistakes as much as you do.



Shift Your Focus Outward

Step out of your inner world and focus on what's happening around you.



Cognitive Restructuring

Replace catastrophic thoughts like "I embarrassed myself" with "Mistakes are human."



Gradual Exposure

Practice being in social situations step by step.

Remember

Most people are too busy living their own lives to analyze yours.

Be kind to yourself.

Don't drown in your own spotlight—enjoy life!



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