

Name \_\_\_\_\_

## Conquering Shyness: Tips for Thriving in Social Situations

### Multiple Choice Questions

1. What is shyness?
  - A) A feeling of happiness in social situations
  - B) A fear of being judged or negatively evaluated in social situations
  - C) A desire to always stand out in social gatherings
  - D) A genetic predisposition to extroversion
  
2. What are some factors that can contribute to shyness?
  - A) High self-esteem and outgoing personality
  - B) Positive past experiences and social acceptance
  - C) Genetics, past negative experiences, and low self-esteem
  - D) Avoiding social interactions completely
  
3. What is one strategy for overcoming shyness mentioned in the passage?
  - A) Avoid setting goals in social situations
  - B) Challenge negative thoughts and self-criticism
  - C) Never seek professional help
  - D) Suppress your shyness and pretend to be confident
  
4. Why is practicing self-compassion important when dealing with shyness?
  - A) It encourages self-criticism and judgment.
  - B) It helps you treat yourself kindly and without judgment.
  - C) It fuels feelings of shame and inadequacy.
  - D) It guarantees instant success in overcoming shyness.
  
5. What are some benefits of overcoming shyness mentioned in the passage?
  - A) Reduced stress and personal growth
  - B) Decreased confidence and career opportunities
  - C) Fewer social interactions and more isolation
  - D) Enhanced shyness and improved self-esteem

