

Name _____

Conquering Shyness: Tips for Thriving in Social Situations

Short Answer

1. Explain why setting realistic goals is a helpful strategy for overcoming shyness.
2. Provide an example of how challenging negative thoughts can be useful when dealing with shyness.
3. Describe a relaxation technique that can help calm your nerves in social situations.
4. Why is it important to focus on others during social interactions when trying to overcome shyness?
5. What role can joining clubs or activities play in helping individuals overcome shyness?

