

Name _____

Conquering Shyness: Tips for Thriving in Social Situations

Multiple Choice Answer Key

1. B) A fear of being judged or negatively evaluated in social situations
2. C) Genetics, past negative experiences, and low self-esteem
3. B) Challenge negative thoughts and self-criticism
4. B) It helps you treat yourself kindly and without judgment.
5. A) Reduced stress and personal growth

