

Name \_\_\_\_\_

## Conquering Shyness: Tips for Thriving in Social Situations

### Short Answer Key

1. Setting realistic goals is a helpful strategy for overcoming shyness because it allows individuals to start with small, manageable social interactions, gradually building their confidence and reducing anxiety.
2. Challenging negative thoughts can be useful when dealing with shyness because it helps individuals identify and replace self-critical and unrealistic beliefs with more positive and realistic ones, leading to increased confidence.
3. A relaxation technique that can help calm nerves in social situations is deep breathing. Taking slow, deep breaths can help reduce physical symptoms of anxiety, such as sweating and trembling.
4. Focusing on others during social interactions is important when trying to overcome shyness because it shifts the individual's focus away from their own self-consciousness and redirects their attention to the people they are interacting with, making the interaction more enjoyable and less anxiety-inducing.
5. Joining clubs or activities can provide individuals with structured and supportive environments for social interaction. This can help them practice social skills, build confidence, and gradually overcome shyness.

