

# SOCIAL-DYNAMIX



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Shyness and Social Anxiety

1. What situations make you anxious? On a scale of 1-10, what is your level of anxiety? List them down.

2. Do you create worst case scenarios? If so, write them down.

3. Shyness and social anxiety is fueled by irrational thought. Irrational thinking can cause you to create worst case scenarios. Using logic, what would really happen if you were to face your social fears? Answer with logical thinking.

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4. Most people who suffer from shyness and social anxiety have a bad habit of attaching themselves to an outcome. Do you find yourself thinking about how the interaction or situation will end up before it even happens? Go ahead and list down the last situation or interaction where you were focused on the outcome of a situation or interaction.

5. You will feel less anxious if you start putting your focus outward. Start becoming aware if you are caught up in the negative thoughts running through your mind or if you are focusing outwardly on the situations that you are in or the people you are interacting with. What do you do in your everyday life that you have to focus outward? What do you do that causes you to really focus on the task at hand rather than the thought running through your mind? What situation in your life do you find yourself being totally present in the moment?

6. Replicate that same focus on other things you do through your day. Try your best to keep your focus outward. Pay attention to what is going on around you. Focus on your surroundings. Focus on your environment. Become aware when you start to focus on inward. When you catch yourself doing this, turn your focus outward.

4. Are you too critical on yourself? If so, what is it that you say to yourself?

5. Would you say these things to anyone else? Would you be this critical on someone else? You are the most important person in your life. You need to start talking to yourself and treating yourself like you are the most important person. Start encouraging yourself, not criticizing yourself. What are some encouraging things that you can begin telling yourself right now? List down some words of encouragement.

