

How to overcome your shyness



Shweta

UNDERSTAND YOUR MOTIVATION

- I want to give presentation at work
- I want to start a new relationship
- I want to go to a party and have a good time without any anxiety. Etc.



Whatever you feel your shyness is preventing you from doing, jot it down.

Make eye contact

Start slowly; maintain eye contact for a couple of seconds at first, and build up until you hold their gaze steadily for a whole conversation. If you find it really hard, at the very beginning, look just above the eyes, they will never know, and it will lessen your awkwardness

Be Conscious of your Body Language.

- Stand up straight!
- Walk confidently.
- Speak clearly

Practise affirmations – avoid labelling yourself.

- ‘I can’t do that, I’m too shy.’ STOP.

Make A new start

I am learning to overcome my shyness and becoming more confident every day.

- I am comfortable with who I am
- I am an interesting person and people like to chat to me.
- I feel at ease
- I am confident
- This new task is helping me overcome shyness and feel more confident.
- I am good at initiating conversations .
- I am happy with myself .
- I am an interesting, unique person.

Learn to like yourself



When you accept

Yourself

the whole world

accepts

YOU

- Lao Tzu

Start a conversation with a new person every day.



Be open about it.

- You are not alone: 50% of people class themselves as shy.
- Never be embarrassed to say to someone, 'I am so shy, and this situation is making me a little nervous. Please ignore my blushing/nervous giggling/stuttering etc; I'll relax in a minute!'



Never give up

no matter what