

TIPS TO OVERCOME SHYNESS

AVOID SHOWCASING SHYNESS

It's not as detectable as you think.

ACT CASUALLY

If it comes up in conversation, make jokes about it.

AVOID CATEGORIZATION

Allow yourself to be characterized by who you are, not by any personality trait.

CHANGE YOUR MINDSET

Think as you tend to blush easily, so let it stand on its own.

NEUTRALIZE INNER POWER

Resist the urge to belittle yourself by your inner voice.

FIND YOUR STRENGTHS

Remind yourself of many gifts you possess.

RECOGNIZE YOUR FLAWS

Identify them, make a plan to get rid of them, and then proceed.

FACE YOUR FEAR

Just look it in the eye and lean towards.

STAY AWAY FROM BULLYING

Be sure to keep your distance from them.

PICK YOUR RELATIONSHIPS WISELY

Be with who are warm, supportive, and responsive.

PUT YOUR IMAGINATION ON HOLD

You probably have a lot more admirers than you think.

REMEMBER MISTAKES HAPPEN

Learn to move on and work on yourself.



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Overcoming Shyness

K Morrison



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