

Seven Secrets to Overcome Shyness, Quickly, Easily and Permanently!



By Kate Irwin

www.improvedconfidence.com

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CONTENTS

Introduction	4
What is shyness? Are you shy?	6
Where do you start?	8
Understand your motivation	9
Make eye contact with everyone you talk to	10
Be conscious of your body language	10
Practice affirmations, avoid labelling	11
Learn to like yourself	12
Start a conversation with a new person everyday	13
Practice Social situations	14
Be open about your shyness	15
Conclusion	16

Introduction

Congratulations.

By downloading this report, you have taken the first step to overcoming your shyness. It is now not a question of can you overcome shyness, but **how are you going to do it quickly and easily?**

There are so many different books, seminars, reports, CDs and DVDs out there, making quick fix promises you just can't trust, so why is this report different?

Well for a start, this isn't just theory. I was a painfully shy girl, who got bullied at school, had awkward teenage years, difficulty making friends let alone finding a boyfriend. I was constantly nervous, had panic attacks and the thought of interacting with strangers made me feel nauseous. I could give you a lot more detail on my background but you are not here to read about me. All I will say is, I now run 2 successful businesses have a great boyfriend, lots of good friends and numerous acquaintances. I haven't had a panic attack for several years and now relish meeting new people and even enjoy doing talks in public! If you had told me 3 years ago this would have been my life I would have laughed in your face. And probably gone bright red at the same time.

I won't lie to you. There are things which can instantly improve your confidence but there is no overnight, quick fix to shyness. You will have to work at overcoming it. But it will be enjoyable work and the results will be more than worth the effort. And by reading this you have already proved you

are the sort of person who will do more than just think about beating your shyness. **You will actually do it no matter what.**

The tips below really helped me to blossom and I know they can do the same for you. I am here to help you overcome your shyness, improve your confidence and live a fuller, happier life.

If you would also like to work on improving your general confidence you can download a complimentary work book from www.improvedconfidence.com It has loads of tips and practical exercises which will improve your confidence instantly and permanently.

What is Shyness? Are You Shy?

Do you see yourself as a shy person?

Wikipedia defines shyness as: A term used to describe the feeling of apprehension, lack of confidence, or awkwardness experienced when a person is in proximity to, approaching, or being approached by other people, especially in new situations or with unfamiliar people.

Sound familiar?

The majority of people experience shyness to one degree or another, whether it is in certain situations, with specific people or just occasionally when you are not feeling so great about yourself. It may surprise you to know that even the people you look at with envy, who don't even seem to know what shyness is, can have those exact same feelings inside. They just cover them up very well!

Shyness itself does not need to be a problem; some people feel the same feelings of shyness as you but carry on regardless and over time barely notice them. However, for many people, shyness has a hugely negative impact on their lives. It may stop them making new friends, attending social events, attracting a boyfriend/girlfriend/partner, taking opportunities career wise and generally not living the life they should be. If this sounds like you don't worry, you are in the right place!

Shyness can present in many different ways but you may recognise some of the following feelings:

- A feeling of dread if you have a social situation coming up
- Feeling nauseous before you have to speak in front of people
- Excessive self consciousness or awkwardness
- A feeling that everyone is watching you
- A feeling that everyone will laugh at/bully/be nasty to you
- Seeing yourself in a negative light
- Feeling you have nothing to offer in a social situation
- A general feeling of something holding you back
- Inexplicable worry, anxiety and fear

Whether you recognise one or two of these feelings, several of them, or have other feelings that you see as shyness, you can benefit from the following report.

Firstly remember shyness is just an emotion and **can be overcome**. You must believe you are able to become more confident, and I guarantee you can. Just by reading this report you have proved you have the desire to do so, and that you are an action taker. That is important, as, I can't lie to you, it will take some work to overcome your shyness.

However I am living proof it can be done. And I am here to help you.

Where Do You Start?

Firstly, recognise this will be a process. Unfortunately I don't have a magic pill to take away those shy feelings. But I do have several tried and tested tips and exercises which will make a huge difference to your life. Take small steps everyday and in a short while you will see and feel changes.

Start slow. Read through all the following tips and pick the one you think will be easiest for you. This will probably be different for everyone and it really doesn't matter which order you do them in. You may find only one or two will suit you and that's fine too.

It may be difficult at first. But do not give in. The second time you try them will be easier and by the fifth attempt it will be a breeze. Then you can pick another tip and try that one.

Understand your Motivation

Before you start to do the exercises or implement the tips, grab a pen and write a list of the reasons you want to overcome your shyness.

It may include all sorts of things such as I want to give a presentation at work, start a new relationship, go to a party and have a good time without any anxiety, chat to a stranger on the bus without blushing, whatever you feel your shyness is preventing you from doing, jot it down.

This will be your motivation. When you don't feel like doing an exercise to overcome your shyness, read this list and realise that, while you may have to push yourself in the short term, and even feel a little uncomfortable, the results will be well worth it.

Read this list, add to it regularly, and then as you overcome your shyness, take great delight in putting a big line through the things you have accomplished. In no time at all you will look back at your original list and realise how far you have come.

Make eye contact with everyone you talk to.

Making eye contact can make you feel anxious and uncomfortable. It is so easy to look at the floor, the ceiling, anywhere but into the other person's eyes. Looking directly at someone makes them see you in a different light, if they think you are confident, you will become more confident! 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.

Your body language has a huge effect on both how you feel and how other people perceive you. Stand up straight! Keep your shoulders back and head held high. If your posture is poor, see a Chiropractor, Alexander technique practitioner or take up Pilates (all these activities will also help overcome your shyness). Walk confidently, don't shuffle. Practice this on your own if you must. Walk around your home or garden as if you are the most important person in the world. Then go out and continue that - you really are the most important person in the world☺ Speak clearly and don't mumble, again this will take practice. So practice! If needs be talk to yourself or into a Dictaphone until you are speaking loudly, clearly and confidently. Then talk like this in the new conversations you are going to initiate.

Practise affirmations – avoid labelling yourself.

Constantly thinking of yourself as a shy person will reinforce your belief that you are indeed, shy, and make it harder to overcome it. Whenever you hear the voice in your head saying 'I can't do that, I'm too shy.' STOP. Tell yourself you are no longer that shy person, you have an ever increasing confidence and feel comfortable in social situations. There are many affirmations you can use, a few examples are below, pick one that resonates with you or make up your own:

- 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

Say these to yourself whenever you can, write them out, stick them on your mirror, have them on a card in your pocket and keep looking at them. Whatever is easiest for you, but read and write them often.

Learn to like yourself.

Shyness often stems from feelings of inferiority. Working on liking and accepting yourself **exactly as you are** is paramount. You may be a little shy at the moment but you are a fantastic, unique, worthwhile, loveable person. And never let anyone tell you otherwise!

Write a list of all the qualities you like about yourself and reread this often to reinforce the positive new beliefs. Are you a good friend, a good parent, a good cook? Kind, reliable, honest? Good at yoga, computer games, well disciplined? Make the list as long as you can and add to it regularly. At first this can be difficult but you can always think of at least a couple of things you like about yourself and build on these.

If you feel comfortable ask a close friend or family member about the qualities they admire in you. The answers to this one may surprise you!

It is important to write them down as it has much more impact than just thinking about them. Read and add to the list as often as possible.

Go to www.improvedconfidence.com for a complimentary workbook containing lots more exercises to improve your self confidence and learn to love yourself now!

Start a conversation with a new person every day.

Does the thought of talking to a new person fill you with dread, anxiety, make you feel nauseous or go bright red? Well not for long!

At some point today start a conversation with someone you would never usually talk to; it can be something tiny and mundane. Make a comment about the weather to the person next to you on the train, ask a shop assistant about a new product, find someone at work you don't usually talk to and ask about their plans for the weekend. It can be anything.

Think of 4 or 5 things you could start a conversation with and then find at least one opportunity each day to talk to a new person. You don't need to have an in depth conversation, just exchanging a few words will get you used to talking to new people and you can gradually build up as your confidence grows. Asking people something about themselves is often a good opener as it puts the onus on them to talk!

Practice Social Situations.

Do you avoid social situations because you are shy? No more!

Next time an opportunity comes up to attend a social event, say yes. Whether it be a drink after work, a party invitation, an activity with a club or society you belong to or a request to help out at a children's party. It doesn't matter what it is, but have in your mind that the next time any invitation comes along you are going to say yes.

Before you go, visualise yourself having a conversation with someone there, feeling confident, asking them questions, and enjoying yourself. Put on your favourite outfit, do your hair and feel confident in your appearance.

The fear of what will happen is always worse than the reality, and you will almost certainly have a good time. Don't get me wrong, the first time, you will probably have a few moments of feeling uncomfortable. But you will know this will happen, feel sure the discomfort will pass, and concentrate on having a good time. If your mind often goes blank in silences, think of 4 or 5 conversation openers before you go, memorise them and you will have something to fall back on.

Here the old adage about practise making perfect couldn't be more true!

Be open about it.

It is estimated that around 50% of people class themselves as shy. So when you are with someone, racking your brains for something to say, going redder and feeling more and more uncomfortable, remember they are probably feeling exactly the same!

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!' They will be very impressed with your openness and you have overcome the embarrassment of shyness.

I remember the first few times I tried this and most of the responses were agreement, the other person felt the same, although I never would have known! People I thought were so confident and intimidating actually said they felt awkward in some situations and had just learnt to deal with it. Some just said don't worry about it, happens to all of us, some gave me advice, but not one person ever laughed at, or looked down at me because of it.

Conclusion

So there you have it. Seven tips which will help you immensely in overcoming your shyness. I cannot stress enough how important it is to actually complete the exercises and keep practising on a daily basis.

Never give up, make a plan to implement these tips **today** and soon you really will be a different person.

If you haven' t already, visit www.improvedconfidence.com to sign up for my free weekly newsletter which has loads more tips, advice and strategies to overcome shyness, as well as a complimentary workbook to improve your confidence.

I really appreciate your feedback; please e-mail comments, questions or your story to info@improvedconfidence.com

This is the start of the new, more confident you. I have no doubt you will not only overcome shyness and achieve supreme self confidence, but also achieve all your goals and desires.

I am here to help you do just that.

Best wishes,

Kate.

Recommended Resources:

***Highly recommended ***

Feel like life is passing you by? Want to make changes but don't know where to start? Learn the secret of making that change for good

click here.

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