



# 5 WAYS

TO KNOW IF

YOU ARE ABLE TO

Beat Shyness  
And Social Anxiety

Has anyone ever told you to just get over it? How about just try harder? Take action, speak up for yourself, don't be so quiet. Just do it. Just do it. Just blah blah... But if you are shy or have social anxiety, the real question should be - HOW do you do any of those things when there is a virtual brick wall surrounding you?

The reality is, shyness and social anxiety are so insidious you will likely be deeply associated to the persona before you wake up to the fearful realisation nothing is going to change, this is how the rest of your life will be... unless YOU take drastic action.

That's when you either accept your fate, and the role it has assigned you, or you start desperately scrabbling around for solutions like a drowning person clinging to any vestige of hope.

In truth it may take nothing short of a rocket to lift you out of the shyness or social anxiety conditioning that has buried your original personality so deeply.

When your self-esteem has sunk so low the ego wakes up and looks around in horror at its situation, that's when you begin to reach your tipping point. The point where your personality finds the strength to begin fighting to reassert itself.

Those that accept their condition and blame the rest of the world for their sorrows and pains will take much longer to reach this point. That is because their personality has become so institutionalised to their situation they no longer recognise, nor accept, they have any part to play in their own recovery.

For them there will always be a new low they are willing to go to seek the attention they need to support and maintain their victimhood. It is one of the human needs to want attention, but this is one of the most unhealthy ways to get it.

I know that is not you because you are here, in this moment, reading these words. What this report will reveal is whether YOU have reached YOUR tipping point where YOU are ready for the REAL fightback. Or whether your fear voice is still the loudest voice in your head.

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‘From the fossils of plants and marine organisms came petroleum. Then came the humans and transformed it into oil. Within all of us is a reservoir of fuel derived from our past experiences, just waiting for us to tap into it.’

*Richard Gray*



**A word about rating yourself:** You are asked to rate yourself between 1 and 10 on five main scenarios. Following each question, you are asked to rate yourself between 1 and 12 on a follow-up question.

This is because the main scenarios ask you to rate your intensity of feeling toward a recurring issue that you have already experienced. Whereas the follow-up questions ask you to rate the intensity of your feeling toward a future vision. Because they are still in the future you have more influence over them, thus your feelings are more fluid and can be intensified.

With that in mind, when you are considering your ratings I don't want you to rate yourself based on how you remember the scenarios, or how you imagine them to be. I want your ratings to be based on an internal, gut reaction response.

“There are two types of motivation, those things from which you are motivated to move away from, such as bad histories. And those things which you are motivated towards, such as a future with dreams realised.’

*Richard Gray*

If one of the main scenarios trigger uncomfortable memories, and you begin to re-experience the associated feelings, then clearly this is an emotionally charged issue and you should rate yourself accordingly on the scale.

Similarly, if a follow-up question causes you to have flutters of butterflies, or some other notable reaction (like the mouth-watering reaction to thoughts of a favourite food), then also rate yourself highly. Only you can know instinctively where to place your reaction on the intensity scale.

### Areas of ignition:

**1. #SmallTalk #BlankMind** People's eyes glaze over within seven seconds of meeting you. Your mind constantly goes blank and every tortured sentence of a conversation feels like there will be an awkward silence at the end of it. You have developed strategies to avoid meeting new people, hanging out in groups, or with work colleagues because you feel you have nothing interesting to say, or what you do say will sound stupid.

So you stay quiet that nobody will discover the truth about you. But this strategy, you have found, tends to have the opposite effect. When people do notice you standing there, with a vague sense of superiority, they advise you that you don't say much (like you didn't know). Then they talk over you the moment you do speak up...



*Rate your reaction to this scenario (or your version of it) 1 - 10*

**Rating:**

**1a.** If the small talk scenario rang true, and conversations feel like an aeroplane flight that is constantly hitting pockets of turbulence (awkward silences). But you long to experience plane sailing, carefree, relaxing conversations for the pure pleasure of bonding, or whiling away the afternoons with a relaxing chinwag on the phone, or in a warm coffee shop on a rainy day...

*Rate your reaction to this vision (or your variation of it) 1 - 12*

**Rating:**

**2. #SelfLoathing #InnerVoice** You hate yourself and everyone around you. People treat you like a doormat and appear to have no interest in you or anything else other than themselves and the sound of their own voice. Your inner voice works overtime inventing and rehearsing scenarios where you end up in conflict with them.

Moreover, you hate yourself for being the way you are, for the white noise of your relentlessly backbiting inner voice that constantly puts you and other people down. It's exhausting at times to carry these dark thoughts around, what's more, people that have a happy disposition really chaff on you.

*Rate your reaction to this scenario (or your version of it) 1 - 10*

**Rating:**

**2a.** If the self-loathing scenario struck violent chords within you, and you cannot see any way of escaping the infinite loop of self-criticism - But you long for a future where you can shut off the negative thoughts with the blink of an eye, a bright future where your thoughts are weightless and full of optimism, free to flow anywhere you guide them, and completely under your control...

*Rate your reaction to this vision (or your version of it) 1 - 12:*

**Rating:**



**3. #Relationships #Isolation** You feel like the world is having a party and you have not been invited. You feel excluded, isolated, constantly out of step with everyone around you, an alien visiting from another world, a ghost walking among the living, a child among adults. You don't understand anyone around you, and nobody appears to understand you either.

Your constant companion is your inner voice which lives in constant fear of the unknown so counters your every plan and desire with reasons not to fulfil them. Thus you constantly feel like being pulled in opposing directions, you want to be alone but you don't want to feel lonely. These opposing desires leave you in a constant state of analysis paralysis, and low level tension.

*Rate your reaction to this scenario (or your version of it) 1 - 10*

Rating:

**3a.** If isolation and disconnect is how you feel but you crave deeply to connect with others, to be able to read their body language and use it to make connections wherever you go. To have friendships and relationships without wondering if they are just being friendly out of charity, to build a positive support network, to be wanted, your opinion valued, to be visible, to be loved, to belong...

*Rate your reaction to this vision (or your version of it) 1 - 12:*

Rating:

**4. #LowSelf-Esteem #LowConfidence** When you are talking and attention is on you, you forget to breathe properly and your voice goes quiet. You begin to mumble and people are always asking you to repeat yourself. You are unable to maintain eye contact with the other person and your body slouches unconsciously in tune with your low gaze and your low sense of self-esteem.

The idea of being centre of attention makes you recoil inside, whether it's talking to strangers, taking a part in a play, a teacher singling you out in class, giving a speech etc. You feel small and inadequate when measuring yourself against those that can do it without fear, or losing their flow.

*Rate your reaction to this scenario (or your version of it) 1 - 10*

Rating:



**4a.** If you would love to have the power to project those crippling pre-performance nerves and fear sensations out into space with the flick of a mental switch. Strike a confident pose with the type of body language that tells the world they are at ease with where you are and what you are doing. Be able to project your voice while maintaining its natural timbre and resonance.

*Rate your reaction to this vision (or your version of it) 1 - 12*

Rating:

**5. #QualityofLife #Conflict** When you are not being nourished by the same sun as everyone else because there is an eclipse of social anxiety or shyness in your life, you have less energy to stand your ground in the world. Being deprived of the sunshine of life by the eclipse of social anxiety and shyness can be a relentless drain on your spirit.

You have to dig much deeper than others just to appear normal when socialising, interacting with colleagues, maintaining eye contact etc. Sensing your non-confrontational nature, others are more likely to take their frustrations out on you. Each time you accept their stress by failing to stand up for yourself in a conflict, you walk away with a new dent in your self-esteem.

*Rate your reaction to this scenario (or your version of it) 1 - 10*

Rating:

**5a.** If you would love to be able to take everyday situations and interactions in your stride. If you would love to be able to banter with friends and colleagues, be assertive with those whom need to be stood up to, and wake up optimistic and confident every day. With a bright future of possibilities on your events calendar...

*Rate your reaction to this vision (or your version of it) 1 - 12*

Rating:

***So! how low do you need to go?***

If you answered anywhere between an eight to a ten on any of the main scenario questions, then you have sunk low enough. It's time to come out of the wilderness. Don't you agree?



### ***Have you reached YOUR tipping point yet?***

The point where you are prepared to talk over, and shout louder than, your inner voice. That's the sound of your determination to break free while drowning out all the negative voices, both internal and external, as you do.

It's that '*I don't give a damn anymore*', nothing to lose, state of mind. It's when all your tales of pain and sorrow, your accumulation of bad experiences become your rocket fuel for change.

In any of the ratings you gave yourself for the five main scenario questions, did you score yourself an equal or higher rating for the follow up question? If you did, then you have hit your tipping point in at least one of these issues and you are ready to ride the ego's backlash out of the Shyness and Social Anxiety condition.

**Let's take a look at an example:**

Main Questions	Answers	Follow up Questions	Answers
1. <b>#SmallTalk #BlankMind</b>	4	1a	5
2. <b>#SelfLoathing #InnerVoice</b>	<b>9</b>	2a	<b>9</b>
3. <b>#Relationships #Isolation</b>	7	3a	4
4. <b>#LowSelf-Esteem #LowConfidence</b>	5	4a	6
5. <b>#QualityofLife #Conflict</b>	<b>10</b>	5a	<b>12</b>
Totals:	<b>35</b>		<b>36</b>

In this example, questions two **Self-Loathing**, and question five **Quality of Life**, are the main hot points. This person has hit their tipping point in two areas and has even gone beyond in question five. A quick look at the totals for all five scenarios reveals that an overall tipping point has also been reached.

This means they have enough repressed frustration built up and ready to be converted into the motivation fuel necessary to take massive action, defeat their shyness/social anxiety persona, and escape their prison. This person just needs the right plan.

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‘Forged out of direct experience and a relentless mentality for innovation, the Life Confident skill box stands ready to help upgrade your life.’

**Richard Gray**



So how did YOU do? It may sound strange but I really hope you hit bottom in one or more of these issues. And that YOUR follow up question ratings revealed a passion for change MORE intense than the main scenarios. If so, that means you too are carrying enough fuel within you to defeat the shyness or social anxiety persona blighting your life.

There are many options out there that may serve your purpose, such as talking therapies, medications, support groups, CBT, hypnotherapy etc...

Whatever route you decide to take, don't forget to touch base on my social media sites and [www.Lifeconfident.com](http://www.Lifeconfident.com) where I believe my approach has created the most rapid and effective solution to combatting shyness and social anxiety anywhere in the world. Learn more about it [here](#).

Best wishes

A handwritten signature in blue ink, appearing to read 'Rachel'.