



No More Shyness: Self Help Guide For Social Anxiety

Tomas Walter

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For as long as I can remember, shyness has always been one of my defining characteristics. I was never the type of kid who would joyfully interact with others, nor was I particularly interested in spending time with other children of my age. Even though, I had a few good friends with whom I still keep a close bond today, I've always lacked that child-like spontaneity that allows kids to interact joyfully with each other. In other words, I knew how to entertain myself and have fun without having to interact with other kids. However, I never felt truly free, and that was a clear warning sign that I've completely missed because I was too focused on staying safe and completely out of harm's way. Simply put, safety was the number one priority. That is the reason why I've always considered shyness to be my shadow; my guardian angel, protecting me from everything bad that exists in this world. Yes, in my fragile and innocent mind, the world seemed like an overwhelmingly large place where bad things can happen at any time. It took me quite a while to realize that those were actually not my thoughts, but my parents'. They were the ones who kept repeating "Be careful!", "Don't go there", "Make sure you... otherwise..." and so on. I'm not blaming them; they raised me as best as they knew and could. Needless to say, back then I was too young to realize that being shy doesn't keep you out of harm's way, and if bad things are meant to happen, they will happen regardless of how many (mental) walls you surround yourself with. That was my universe; a world built around the idea of danger and inadequacy; a prison where I was the guard and the inmate at the same time. After years of reinforcing an attitude based on this somewhat dysfunctional emotion (shyness), I simply gave up and accepted the victim role. Even more, I started looking for all sorts of 'rational' excuses and well-packed explanations to justify my behavior. "I'm not shy; I just like my own privacy." "There's nothing wrong with wanting to spend more time with yourself." "I don't follow the herd." "I shouldn't force myself to do something that I don't feel like doing." These were some of the ways I used to rationalize my shyness and feelings of inadequacy. But deep down, I knew something was wrong. By the time I reached my teenage years, shyness had already become the defining characteristic of my personality. It was the first thing that people notice about me. It hurts to know that you have so much to share but you can't, because there's this paralyzing emotion holding you back from expressing your true self. Soon enough, my shyness became a nightmare and the more I ran from it, the stronger it got. I couldn't go to parties, I couldn't go out on dates, I couldn't even muster enough courage to ask for directions. That was the moment when I realized I had to do something. I started reading every book, article, and website that I could get my hands on and soon enough, I discovered that this problem I've been struggling with for years was not that uncommon. In fact, there are millions of people who suffer from social anxiety and all sorts of fears that can easily be traced back to this one core problem – shyness. As I was going through various techniques in hopes of getting rid of my shyness, I've decided to track my progress by taking notes and writing down every step of the process. Since millions struggle with the same problem, I thought it would be a good idea to transform my notes into a small self-help guide. This is the story of my book. A story that was born out of struggle and ended with total success. Now I want this story to be yours!

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