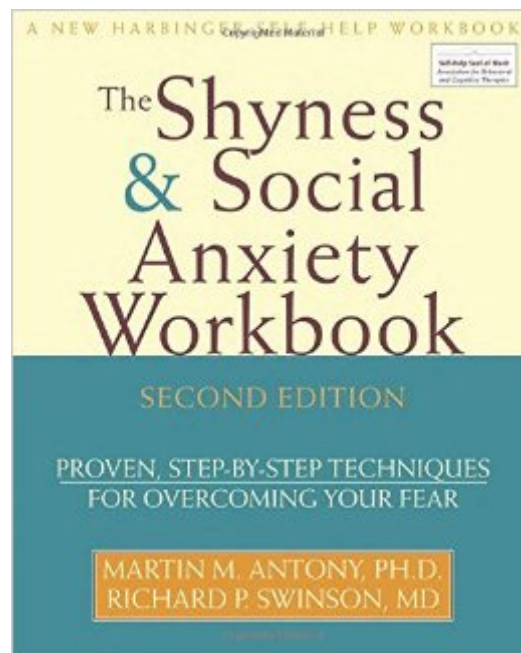# Shyness And Social Anxiety Workbook: Proven, Step-by-Step Techniques For Overcoming Your Fear

Synopsis

There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life.This new edition of The Shyness and Social Anxiety Workbook offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to: Find your strengths and weaknesses with a self-evaluation Explore and examine your fears Create a personalized plan for change Put your plan into action through gentle and gradual exposure to social situations Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world.This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit â " an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Customer Reviews

I hope this review gets someone to buy this book. I am 45 and developed pretty intense social anxiety late in life. I had no idea what was going on, though. I was beginning to think I was just a nut and I was pretty hopeless.I had, over the years, searched on the Internet and never stumbled on

"social anxiety" before. When I did, it was as if I was reading a transcript of what was going on in my head every day. All my quirks, fears, hang ups etc. were textbook examples of what defines SAD. I immediately bought about 7 books on the topic. This book so far has changed my entire outlook the most, almost instantly. I hope I am not jumping the gun, but I feel like a huge weight has been lifted, realizing that virtually every oddball symptom I have exhibited is actually quite common. Not wanting to eat in front of others, poor eye contact, assuming others are focused on my every move and mistake. All of these symptoms are very common for the disorder and quite manageable once you start dissecting what is going on in your mind. Cannot be happier I made this purchase.

Bought this book because it was hard to find a sitter so I can see a counselor once a week. I worked through the entire book and gained much needed self confidence. The book helped pin point the reason for being shy and become bold enough to get out more and make some great friends. Would recommend to anyone struggling with social anxiety or shyness

This book really helped me. I think I would have taken the exercises more seriously if I'd purchased the print copy and could have written in it, but this allowed me to modify some of the exercises or answer them in paragraphs instead of bullet points. And, as the print book is large and says "Shyness and Social Anxiety Workbook" in really big letters on the front, it was a lot easier to read in public on my Kindle.After my first work through of the book, I took it to my therapist. We didn't go through the whole book together, but after talking about the sections giving me the most trouble, we worked them over a few months and used the overall program of the book to frame our conversation on social anxiety. The book was good on its own, but it really helped when I brought it into the context of therapy.It's based on the CBT (cognitive behavioral therapy - crudely, it says we can change our behavior by changing our thoughts) model. I know from my friends currently in grad programs for counseling that CBT isn't the cool kid in the room, anymore. Don't let that stop you from trying this book. CBT all by itself probably isn't enough to be of help to any of us, but a book we read is never going to be our entire influence. Within the whole of my life and treatment, CBT was a life saver. It unlocked some of my struggle and gave me real world tools I could use when I was out - or even when I was stuck at home contemplating going out.

I am a therapist and use this book with some of my clients. It is helpful in step by step commitment to change, practice, and exposure to anxiety producing social situations and uses CBT interventions. My only complaint is the intense sales-pitch for CBT therapy and dismissing other

therapeutic techniques is a little off-putting for those of us who use CBT plus dynamic and other interventions. People's issues can be complex and have many causes and current life situations and personality factors which contribute to them, so CBT only is not always the 100% solution.

This book has helped me get rid of the emotional discomfort that comes from interaction with people. Im sure that I might still act silly or aloof but it does not bother me or is it associated with a bad emotional feeling or me getting down on myself. I used to always feel uncomfortable with eye contact and my eyes would kind of do the watering thing. No more, it only took the first couple chapters and all the discomfort was gone. I finally feel normal after many years of being emotionally detached from society, I still sometimes dont communicate well or avoid some people, but it is not longer a big deal like it used to be, its just part of life. Ive read the "overcoming" book thats available on , this book is far more effective, at least for me. The authors here are clear and ask very effective questions for the reader to process. So this book is proven to work, and without much effort I might add. Highly recommended

This is a Great book. It has easy hints and tricks to try that are not very complicated or hard to follow. It also breaks the complicated issues down so its easy to understand.

it has great information, tips, and suggestions for those like myself who struggle with social anxiety. there are worksheets that are easy to work with which have helped me with my social anxiety. this book is life changing if you are willing to work with it and follow the suggestions it makes. this book helps understand where the social anxiety develops from and has great ways to fight it. i highly recommend this book for anyone struggling with social anxiety on any level.

Very informative, provides step-by-step techniques, and the activities are very fulfilling when done properly. I would recommend buying this book.

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