

## UNIT 3 Developing Life Skills Activity

### Overcoming Shyness

**Directions:** Read the information about shyness and answer the questions that follow.

#### Techniques That Help with Shyness

Some people are outgoing; others are quiet. Some prefer social activity; others like time alone. These differences are not a problem. The problem occurs when shyness keeps people from doing what they want to do.

Almost all people feel shy at times, especially in new settings and with people they don't know. Shyness usually comes from feeling self-conscious. Fear of being embarrassed, being rejected, or making a mistake are common causes. Before going into a setting that makes you feel shy, use positive self-talk to build confidence. Negative self-talk weakens confidence. Try taking "baby steps." For example, take a friend with you the first time instead of going alone. To counter self-consciousness, turn your attention to others. If you become interested in the people and activities around you, you will worry less about yourself. Ask someone an open-ended question (one that requires more than a one-word answer). The answer gives you time to relax and get ready for more give-and-take.

1. Describe a situation that makes you feel shy. \_\_\_\_\_  
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\_\_\_\_\_
2. What is a positive message you could give yourself before facing this situation? \_\_\_\_\_  
\_\_\_\_\_
3. In the situation described, what is something or someone you could learn more about in order to stop thinking about yourself? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What open-ended question could help you start a conversation? \_\_\_\_\_  
\_\_\_\_\_
5. If you sense that another person feels shy, what could you do to help? \_\_\_\_\_  
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