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Shyness can make you lose great opportunities in life.

Here are tips on how to break free from shyness.

Thread

1. Know the reasons why you're shy.

It could be a traumatic social experience, environmental influences, genetics etc.
Being aware of the root of your shyness can help you become aware and accept who you truly are.

If you believe it has to do with your upbringing, examine your relationship with your parents now. Are they still domineering or are they shy themselves?

2. Identify the triggers.

By identifying what triggers your shyness, you can plan ahead and create a course of action for when you're placed in those situations. You can practice what you would do if faced with your triggers and work to overcome them.

3. Create what i call shyness bucket list

List out all the things you can't do because of your shyness and start overcoming them one by one. It is not easy but you have to build up confindence (if you perish you perish), you will not perish. talk to random people, join clubs etc

4. Make eye contact

This is very important, when engaging in conversations, make deliberate effort to make eye contact, this will build up your confidence in a long run.

5. Choose relationships carefully.

Shy people tend to have fewer but deeper friendships, which means your choice of friend or partner is even more important.

Give your time to the people in your life who are responsive, warm, and encouraging.

6. Avoid friends who are bullies

There are always a few people who are willing to be cruel or sarcastic if it makes for a good punch line, some who just have no sense of what's appropriate, and some who don't care whom they hurt. Keep a healthy distance from these people.

7. Remember that one bad moment doesn't mean a bad day

Especially when you spend a lot of time inside your own head, it's easy to distort experiences, to think that your shyness ruined an entire event, when chances are it wasn't a big deal to anyone but you

8. Don't give a fvck about your imagination

Shy people sometimes feel disapproval or rejection even when it isn't there. People probably love you much more than you think.

Conclusion

Overcoming shyness is a deliberate act and it requires discipline. Take it one day at a time, give yourself at least one task everyday and make sure you do it.

Don't forget to reward yourself for every milestone.

Feel free to ask me questions.

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