

The number of people with some form of shyness has increased, and research now suggests that up to 50% of people experience it. Many of these are shy extroverts -- people who are publicly outgoing, but privately experience painful thoughts or feelings. Social phobia, the more chronic form of shyness, is now thought to affect about 13% of people. People who are shy are also at increased risk of depression and anxiety. The growth in shyness may be partly due to increased reliance on technology as a means of communicating, leaving people less adept at face to face interaction. As children are increasingly forced off the streets and families become smaller so there are fewer opportunities for unstructured, unsupervised interaction. Finally, automation is replacing human contact in many areas of life from ATMs to the notorious telephone answering services.

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Though it's clear that some of us have a natural inclination to shyness, it's equally obvious that the ability to boldly sell yourself and make social. Shyness and other forms of social anxiety are common - and they prevent people from fully experiencing life. Shyness refers to a tendency to withdraw from. Do you struggle with social anxiety or shyness? Reflecting on this experience taught me some valuable lessons about how to overcome shyness. These can. Social anxiety is the term used to describe a high level of shyness. know what causes social anxiety and more important to know what stops us overcoming it. Shyness, (sometimes inaccurately called 'social phobia'), affects most people at some time in their life. Young people in particular find overcoming shyness.

Here is a comprehensive approach for overcoming the ill effects of shyness and for combatting social anxieties. This can be your ticket to.

Social anxiety and shyness is something that a lot of people deal with, and it can be hard to face, not knowing how to overcome it. So, keep reading to discover.

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