

SPECIAL REPORT HOW TO..  
*Stop Being Shy*

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AND MEET NEW PEOPLE  
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## **How to Stop Being Shy and Meet New People**

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## **How to Stop Being Shy**

Are you one of those people who tense up, lose your breath, get all jittery and can't think of a thing to say in certain situations? If you're one of those people who have a hard time talking to new people or feel your face turning red when you are faced with talking to others, you are most likely shy. But don't worry help is on the way. In this report we will discuss different ways to help you come out of your shell and become more outgoing. Yes, it is possible. You can do it.

What exactly is a shy person? These are people who go out shopping and are afraid to talk to the cashier. They get nervous and don't know what to say. A shy person sometimes speaks very quietly, so people will not hear them. By speaking quietly they are guarding themselves from saying something that may embarrass them.

When you are shy you will have to work at becoming more outgoing. One thing a shy person is known to do is observing other people. They feel that by observing other people they can improve themselves. A shy person is more likely to understand people since they pay more attention. If you have been shy your whole life, and have been observing people, this could give you an advantage.

Take some time and write down some things that you have observed people doing that you thought made them look great. Then write down things you saw people doing that made them look foolish. You can learn a lot from this information. By learning which things to avoid doing in order to not look foolish, you have a better chance of being able to talk to people confidently.

Another great thing about shy people is that they are curious. They spent more time reading and learning new things than people have always been confident. You can use this information to your benefit as when you speak to other people you have interesting information you can convey.

Because you have spent more time reading and learning the habits of other people, this gives you an advantage in the business world also. A shy person is hard-working, loyal and knows when to speak up. Shy people are better at dealing with people because they do not try to overpower the conversation or make other people feel foolish. This is definitely a benefit in the business world.

Take a little time each day working on things you can say to people. Start by starting up a conversation with someone at the store that you don't know. You could have a conversation already worked out in your mind and try it out. The worst thing that could happen is the person you try to talk to is not interested.

If the first person you try to talk to is not interested, try again. Once you have tackled this, it will be easier to talk to people in other situations. Keep working at it a little bit at a time and before you know it you will learn how to become more outgoing.

## **How Your Personality Is Formed From Family Life**

Your family is very important to you as you spend your entire childhood with them. Many things can happen within a family that can bring out being a shy person. If your parents were the kind that said things like children should be seen and not heard. You may have grown up feeling that what you had to say it's not important. If your siblings were always teasing you and calling you a dork or telling you, you always say the dumbest things, you may have learned to just keep your thoughts to yourself.

When you are a child your family is very important to you. What your family thinks about you or tells you about yourself and helps to mold your personality. As you become an adult many of these things will follow you.

If you spent a lot of time alone when you were a child because your siblings or parents did not have time for you, you may have become introverted. If you had several siblings, it may have been easier to just have them as friends then to try and make new friends. Believe it or not an only child is more likely to be outgoing because they have no one to play with at home. If you depended on your brothers and sisters to be your friends, you may have not learned how to form new relationships with other children.

Even if you came from a very supportive family if you always depended on them for company, you may still be shy around other people. As you become an adult your siblings may still be your only friends. Maybe one way to make new friends could be to go out with one of your siblings in order to feel more comfortable, but then each of you can try to make new friends in a social setting.

The more you depend on your family for all your social life, the harder it will be for you to become more outgoing with other people. Take some time to go out and meet new people. Take an adult course at the college, join a fitness club, join a book club, or some other form of social event where you can get comfortable talking to other people to overcome your shyness.

Another thing that brings our shyness in people could be that your family was not well off and you had to wear hand-me-downs. You may have been teased by other kids at school and made to feel inferior. Because of this you may have stayed at home more than you would have liked to. Also as a child you therefore became totally dependent on your family.

Try to analyze all the reasons that your childhood may have contributed to your shyness. Figure out solutions that can help you to become more outgoing. Work on talking to people about interesting things you have read and soon you will find other people interested in what you have to say.

Each time you find yourself having a conversation with another person, you will find it easier to do it the next time. Your confidence will grow and you will start to understand that you really are an interesting person. Keep it up and you will become less shy everyday.

## **Build Your Courage to Overcome Shyness**

Sometimes it takes courage in order to overcome shyness. Courage involves the ability to face pain, fear, danger, or anything else that you are not comfortable doing. When you have courage you can make fear disappear. Courage is a great character builder as it helps you to face many of the challenges of life.

You may be saying to yourself, I am not a courageous person. How can I achieve courage and overcome my fears? It is important that you develop courage in yourself before you try to develop it in your children or other people.

To start out try facing just one of your fears. It can be a very small fear. Say you are afraid to go outside when it is dark. Why not take a chance tonight and go outside for a few minutes after dark. If you find yourself being terrified, go back in the house. Do this every night until you can stay outside in the dark for at least 10 minutes. Once you have achieved this you will have proven to yourself that you can overcome this fear.

Each week work on a new fear that you have and each time you conquer one you will build more courage. Once you have allowed yourself to conquer your fears, they start to disappear. You can only develop courage in facing your fears head-on. You must know what your fears are and then consciously faced them one at a time.

Every time you face the fear you will become stronger and more self-confident. Learn how to relax and remain calm while facing your fears by thinking of other things while you are doing it. Once you have accomplished facing one of your fears, do it several more times until you are totally desensitized to being fearful of this situation.

There are many things that people are afraid of doing. Each time you think of one of your fears write it down on the list and then figure out ways you can take small steps to overcome these fears. When you get that first feeling that you have the courage to face your fears you will feel fantastic.

Never allow yourself to feel ashamed of your fears. These fears have been programmed into your subconscious mind probably over years and years of time. The only thing you need to worry about is how to start facing them.

Keep a list of all the fears you want to face and everything you can do to overcome these fears. As you accomplish each one, you can check it off the list. Give yourself a reward for each one you achieve. The sooner you start to face your fears, the sooner you will develop courage which will in turn help build confidence to overcome shyness.

## **From Shy to Outgoing - Yes You Can Do It!**

When we were children there are many things that we were shy about doing. Did your parents have you sing in front of other people? Did you feel shy and find yourself turning away from the people you were singing to? Your parents may have told you that was really cute and so you've used it throughout your life thinking it was cute. You may not have done it consciously, however it is possible that is still affecting your life.

When you feel shy as a child, many times it carries over into your teen years and then into adulthood. What you want to do now is try to figure out how to overcome this shyness. Overcoming shyness can be done one step at a time. Put yourself in situations where you need to talk to other people. Before you go, right down several different subjects you could talk about that would be interesting to people. Read through this several times and practice talking in front of the mirror. If you have something put together to talk about it will make it much easier to approach others.

Practice in front of the mirror pay attention to your body language. If you find yourself covering your mouth you laugh, wiggling your fingers together, or holding your head down, these are things you will want to work on. Practice making eye contact with yourself in the mirror while you talk about your subject you have written down. Try to keep your hands down to your sides so you won't be tempted to cover your mouth when you speak. The more time you spend practicing in front of the mirror the easier it will be to start up an actual conversation.

Practice smiling in the mirror. Make sure that your smile does not look fake and that it comes from your heart. Check out your posture and make sure you are standing straight and look like you are confident when you are speaking.

Do this every day for a week or two. Once you feel confident, put yourself in a social situation and practice just smiling and saying hi to people as you pass them. Once you feel confident doing this, try starting up a conversation with somebody. Remember to use good eye contact. The best way to start this is to talk to somebody you're almost positive you will never meet again. This way you can tell yourself even if I make a fool of myself, who cares, I will never see this person again. By developing this attitude it makes it much easier to approach them and

speak confidently. Who knows you might just make a great friend.

Why not try taking a speech course. If you are in the course with other people who are also nervous speaking in public, it makes it much easier to socialize with them. The speech class will help you to become more confident when you speak and therefore make it easier to approach others. As you become more confident speaking to other people you will find your shyness slowly fading away.

## **Why Not Try a Bold New Look to Help You Overcome Shyness**

If you are tired of looking the same old way, why not try new look. Many shy people dress the part. When you are shy, sometimes you wear clothes that are baggy and cover your body because you are uncomfortable showing your figure. You may have the same hairstyle you've had since you were a child because you are afraid of change.

By giving yourself a new look; it will help you build confidence. Once you have a new fashionable outfit and you have cut your hair to the newest styles, you may be shocked when you look in the mirror. This will also be a good time to do some practicing in front of the mirror to build confidence for talking to other people. See if you notice a difference in your body language with your new look, then you did when you were doing it with your old look.

Do you feel like you are making more eye contact and feeling more secure in your conversation? It is surprising how just changing your looks can bring out a confidence you never knew you had.

Take some risks with your own new look. Look through magazines for clothing styles or hairstyles that you think would look great on you. Once you have packaged yourself different you will be surprised at how great you feel. If you are not sure what type of clothes look good on your body style why not hire a consultant or go to a store that has sales people that can help you pick the perfect outfits for your body type?

When you go to the hair salon look through all their hair magazines and choose several styles you think the look great on you. Then show them to the hair stylist and ask them their opinion on which one they feel would look best.

Take some time to pamper yourself by doing a full body mask. Start by taking a shower and exfoliating your skin and then put a mask your entire body to help make your skin look is very best. Have a facial or do one at home your self. When your skin is soft and glowing it makes you feel wonderful and more confident.

Once you have your new look, visit friends or family to get their opinions. Don't be surprised if they don't recognize you when they open the door. Make sure that you do not visit a friend or family member who never has anything good to say. This will only deter you from keeping your new look. Make sure you find a friend or family member that you know will get excited about your new look and can help you with any suggestions to make it even better.

Once you have your new look, practice walking in front of the mirror and see if you carry yourself different. Remember that you have a whole new package now, so go out and strut your stuff.

## **How Much Importance Do You Place On Yourself?**

You are a very important person. Just the fact that you were born makes you important. There is not one other person in the entire world exactly like you. You are unique and special in your own way. You deserve to put importance on your self. If you do not feel important to your self, it can be almost impossible to make other people feel you are important to them.

What are your priorities? Do you put yourself at the top of your priority list? Do you believe that you are important? Do you find yourself saying that you are important but then when it comes right down to it your actions do not show you feel important? When we are growing up we are taught to not be selfish and put other people at the top of the priority list. The problem with this is if you don't take care of yourself first, it is more difficult to feel good about yourself and take care of others.

You must put yourself at the top of the priority list. Only then can you feel good about yourself and have the strength to do for others. If you treat yourself as an important individual, then you will build your self-esteem and in turn will be a much better person to be around. If you are confident and feel good about yourself, people will want to be around you and will enjoy having conversations with you.

You need to make sure that your life revolves around you. Take care of everything that you need to do each day for your self. By doing this you will become a strong independent person who enjoys doing things for others also.

If you need some time alone and somebody needs you to do something for them, only if it is an emergency should you put them first. By taking your time alone, you're putting yourself in a better position to help the other person without resenting them. When you spend all your time just doing for other people, no matter how much you try not to, you will start to feel resentment for them. By taking care of your needs first, it will actually make you a better person and you will be happy to do for others.

Each day read a list of all the things that you would like to get done for yourself.



Then write a list of all the other things that need to be done and make sure to put yourself at the top of the list of priorities. I'm not saying you should only do what you want to do, but don't sell yourself short or feel guilty for taking care of yourself. You deserve to take care of yourself first in order to feel better and become a stronger person.

Why not write down everything you do each day for a week and see how many things you actually did that you wanted to do. If you find everything you did was for other people, did you find yourself resenting them?

For the next week write in your journal and decide that each day you will do something for yourself. You will be the important one for at least some time each day you will be on the top of the priority list. Once you have started doing things for yourself, write in your journal how it made you feel. Did you feel elated, guilty, where were you thinking about other tasks you needed to do that others asked you to do?

Keep putting yourself at the top of your priority list and each time you do something you wanted to do that makes you feel good, it will become easier to accept that you deserve time for yourself. Start now and take action. You are important to yourself and you deserve to be on the top of the priority list.

## **Get Rid Of Your Shyness**

Many people suffer from shyness. If shyness is standing in your way of progress in your life then it is necessary for you to overcome it. Overcoming shyness is not something you can do in one day. You must persevere and be determined that you will become more outgoing. By working at it one day at a time and making small changes, you will find it easier each day.

Be sure to follow these simple steps and before you know it you will become less shy each day.

Work on your body language. Remember what we talked about standing in front of the mirror and paying attention to your body language. Work on improving your posture. You may want to take some kind of class like yoga or dance to help you improve your posture. Pay attention to what you do when you are sitting. Do you always have your legs and arms crossed or do you have an open stance? Are you clumsy or do you walk dragging your feet? Pay attention to all of your body language and work at changing it for the better so you will look more confident.

Whenever you meet new people, smile and say hi. This is a great confidence builder as you will start to feel better when people return the gesture. Practice looking into people's eyes when you smile and say hi. Work on striking up conversations with people a little at a time until you feel more comfortable.

By writing a list of interesting things to talk about, will make it easier to start small talk with people. As you become more confident, it will start to show and people will look forward to meeting with you and visiting.

One way to start a conversation in the store is to see if people appear to be looking for something. You could say something like, it sure seems like they change the location of things a lot in this store. What are you looking for? I've been through this store three times maybe I can tell you where it's at. This is a great conversation starter and maybe they will be able to help you find what you're looking for too.

Keep working on yourself esteem. Build your courage by overcoming fears. Work on your body language. Spent time in front of the mirror talking to yourself. Write down what topics you can talk to people about that they may find interesting. And just get out there and start socializing. Each time you achieve overcoming shyness your confidence will build and your life will improve. Good luck!