Interviewee: Jianyun Wu
Background: National Level 2 Psychological Counselor of China

1. **What do you think are the causes of shyness?**

It is possible that feelings of insecurity and shyness may originate from past negative experiences, leading individuals to believe that they are not good enough or inferior to others. Consequently, they may engage in internal self-criticism which convinces them of their inadequacy. However, it's important to note that some people who appear insecure or shy may actually have exceptionally high standards for themselves. This high standard may not stem from insecurity, but rather from an underlying sense of narcissism and conceit. Despite outwardly feeling inadequate, they may actually have very high standards for self-evaluation and only feel satisfied when they are close to perfection. If they fall short of these standards, they may experience anxiety or shyness. It's worth noting that this isn't pathological narcissism, but rather a strict demand on their self-image.

2. **Most people believe that shyness is usually seen in introverts. Is there a necessary connection between shyness and introversion?**

In my opinion, shyness and introversion are not directly related. While introverts are often more sensitive and may be more likely to exhibit shyness, extroverts can also experience shyness. Perhaps they are just better at concealing it, or they express it more openly. Shyness is not exclusive to introverts; extroverts may also feel similar emotions but express them differently.

3. **Do you think shyness is a manifestation of social anxiety?**

Shyness can be a form of social anxiety but in a relatively mild form.

4. **Extreme shyness or social anxiety has already affected the normal lives of some people. What methods could improve their situation?**

When dealing with extreme shyness or social anxiety in counseling, the first step is to revisit the events in the person's memory that triggered these emotions. This involves self-reflection to understand what happened at the time and how they perceived the situation. The focus is on helping them reconsider these events and realize that their conclusions may be subjective misunderstandings rather than actual judgments from others. Encourage them to gradually face real-life social situations while helping them develop new ways of thinking: even if they are judged, they should prioritize their own feelings over others' opinions.

5. **I have referenced cognitive-behavioral therapy (CBT) in psychology and want to help people with shyness overcome their fears through role-playing in different situational scenarios. Is this a feasible intervention?**

It is feasible.

6. I want to try both individual and group therapy. Which do you think is more suitable for me to simulate and record in a non-professional setting?

In individual therapy, the environment is more private, providing a greater sense of safety and allowing the person to open up more. The connection between the therapist and the client can be stronger, providing greater security and more effective problem-solving. Without the distraction of other participants, the individual can focus more on their own issues and progress. However, there is no opportunity to learn from the perspectives and experiences of others, as in group therapy.

Group therapy allows interaction and sharing between participants, providing different perspectives and solutions. The experiences and ways of dealing with problems shared by others can inspire and motivate one another. Through feedback and observation from other participants, an individual may realize that they are not alone and can gain confidence in solving their problems. However, building trust might take longer in a group setting.

7. In what kind of environment do you think situational simulation therapy would be suitable, where participants would feel more comfortable?

In role-playing, trust is crucial for achieving effective results. Trust between the participants and the therapist is key. The environment should promote trust, not just in the therapist, but also among the participants, instead of solely focusing on the physical space. The space should be quiet and private.

8. Do you think I should have different people role-play in the same scenario, or the same people role-play in different scenarios to better help me test whether this intervention is effective?

The effectiveness of an intervention depends on the relationship between the therapist and the client, rather than the variety of methods used. What's most important is the trust in the therapist and the willingness to open up. Clients need to feel safe and supported in order to truly open up.
In individual counseling, the therapist should help the client return to the situation being addressed, rather than directly playing the role.
Overall, regardless of the type of role-playing, it's essential to consider the trust between participants and their state of mind to ensure the effectiveness of the intervention.

9. In specific practical operations, what aspects do you think need attention to facilitate my recording of their emotional changes?

Take notice of subtle emotional variations and the connections between emotions. For example, if someone feels wronged and cries, upon closer examination, there may be underlying anger. In certain cases, it may not be suitable to express anger, so it becomes repressed. However, this anger could be the underlying cause of the emotion.