

"I feel like I'm being overlooked by others, and I realize that I need to let go of my self-centered mindset and focus more on others." – Ethan Zhang *张 2024.8.24*

"I understand that everyone makes mistakes, and it's natural to feel foolish about them. However, I remind myself that these mistakes are only temporary, and with time, people will forget about them. It's crucial for me to keep things in perspective and not let these minor errors hinder my progress or happiness in life." – Lu Wang *Lu 23/08/2024*

"In moments of embarrassment, it can be helpful to take a pause and observe the individuals surrounding you. You may come to realize that each person is engrossed in their own thoughts and activities, often oblivious to what's happening around them. This realization can provide a sense of relief and perspective, reminding you that embarrassment is often fleeting and insignificant in the grand scheme of things." – Gordon Guo *Gordon*

"Cognitive distortion acts as an invisible cage, confining individuals who experience shyness. The fear of experiencing physiological arousal, rigid black-and-white thinking, and maladaptive cognitive styles all contribute to this self-limiting phenomenon. These factors create shackles that limit individuals from fully expressing themselves and reaching their true potential." – Edge Chen *程 22.08.2024*

"When we find ourselves feeling uneasy about social issues, it's important to take a moment for self-reflection. We should ask ourselves questions such as 'What are our core values? What matters to us? What societal issues deeply concern us?' This personal introspection can help us better understand our own perspectives and guide us towards meaningful actions or contributions to addressing the issues that matter to us." – Luka *Luka*

"Shy individuals frequently find themselves overly preoccupied with their emotions and the opinions of others. However, these preoccupations often stem from their delicate imagination. The cycle of shyness is often characterized by fear, shame, anger, negativity, self-blame, and feelings of being under attack." – Iris Lin *林 25.08.2024*

"When experiencing shyness and social anxiety, individuals tend to excessively focus on how they are perceived by others and often choose to avoid social interactions and situations." – Jasmin *姜 22.08*

"It's essential to acknowledge that overcoming shyness is a gradual process that requires patience and persistence. One effective approach is to start with simple tasks and gradually progress to more challenging ones. This may involve gradually increasing the level of social interaction, such as speaking up in everyday conversations, introducing yourself to new people, practicing by recording and sending voice messages, giving genuine compliments, greeting individuals you encounter, and engaging in small talk with cashiers and other service providers. It's important to note that each small effort contributes to building self-confidence and plays a crucial role in personal growth. Remember, bravery isn't about the absence of fear, but rather the decision to take action despite feeling afraid." – Lin *Lin 25.08.2024*