INTRODUCTION

This brochure aims to support individuals with mild social anxiety by sharing professional therapeutic methods and practical everyday communication tips, helping them relieve their emotions and gradually improve their social behaviors, allowing them to engage in social life more confidently.
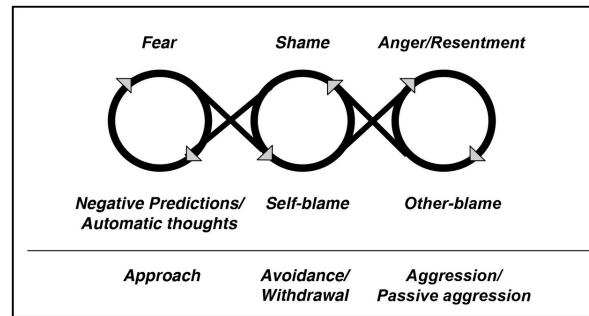
Have you ever taken the MBTI personality test? Do you consider yourself an introvert or an extrovert?

Many people often associate shyness with introverts, but in reality, extroverts can sometimes feel even more at a loss in certain social settings. **Shyness is an emotion, while introversion or extroversion is a personality trait.** So, whether you're an introvert or an extrovert, you might feel shy or even anxious in specific social moments.

Nowadays, "social anxiety" is a term frequently heard, which actually stems from feelings of shyness that evolve into social anxiety. **There is no shame in experiencing social anxiety;** the real concern lies in how it may grow more intense due to internal stress or external pressures, gradually impacting your daily social life and potentially leading to isolation from others.

For those who are comfortable with this state, social anxiety may not pose a problem. But for those who long to connect with others and build meaningful relationships yet hesitate to take the first step due to poor mental well-being, social anxiety can be excruciating.

WHAT IS SOCIAL ANXIETY?

Fear	Shame	Anger/Resentment

Negative Predictions/ Automatic thoughts	Self-blame	Other-blame
Approach	Avoidance/ Withdrawal	Aggression/ Passive aggression

SIGNS OF SOCIAL ANXIETY ISSUES

- **Mind Reading:** You assume others think badly of you without proof. This makes social situations feel tense and uncomfortable.

- **The Fortune-Teller Error:** You're sure things will go wrong in social settings, even though there's no reason to believe that.

- **Catastrophizing:** If you make a small mistake, you expect huge consequences, like being rejected or left out.

- **Emotional Reasoning:** You believe that if you feel anxious or awkward, others must see you that way too, even if there's no evidence.

- **Personalization:** You blame yourself for things that go wrong in social situations, even if you're not at fault.

- **Compensatory Misconception:** You think you need to impress others or exaggerate your achievements to be accepted.

TOOLS FOR SOCIAL COMFORT AND CONFIDENCE

"How can shy people with social anxiety manage their emotions during social interactions?"

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