

**Project Title:** Tools for social comfort and confidence

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

**Stakeholders:** Shy people with social anxiety / People curious about social anxiety

**Problem:** Shy people with social anxiety desire to communicate with others but find it difficult to initiate conversations, which has already impacted their daily lives.

My **subject** is to find ways to help shy people with social anxiety achieve psychological relief and improve their behaviour patterns in social situations.