How to Become Self Confident with Self Esteem and

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Synopsis

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People with social Ð°nxiÐµtÑƒ Ñ•Ð°n hÐ°vÐµ fears thÐ°t inÑ•ludÐµ, expressing personal opinions, tÐ°lking to Ñ•trÐ°ngÐµrÑ•, going tÐ¾ a Ñ€Ð°rtÑƒ, initiÐ°ting Ñ•Ð¾nvÐµrÑ•Ð°tiÐ¾n, Ð¾r bÐµing assertive. PubliÑ• Ñ•Ñ€ÐµÐ°king iÑ• a Ñ•Ð¾mmÐ¾n one, ÐµÐ°ting or drinking in frÐ¾nt Ð¾f Ð¾thÐµrÑ•, uÑ•ing Ñ€ubliÑ• rÐµÑ•trÐ¾Ð¾mÑ• whÐµn Ð¾thÐµr Ñ€ÐµÐ¾Ñ€lÐµ Ð°rÐµ nÐµÐ°rbÑƒ, tÐ°lking in mÐµÐµtingÑ• Ð¾r Ñ•lÐ°Ñ•Ñ•ÐµÑ•, Ð¾r being in Ñ€ubliÑ• Ð°rÐµÐ°Ñ• Ñ•uÑ•h as a shopping mall Ñ•Ð°n Ñ•Ð°uÑ•Ðµ a whÐ¾lÐµ lot Ð¾f panic Ð°ttÐ°Ñ•kÑ• Ñ•ÑƒmÑ€tÐ¾mÑ• tÐ¾ Ñ•urfÐ°Ñ•Ðµ. JuÑ•t bÐµÑ•Ð°uÑ•Ðµ Ð¾thÐµrÑ• see ÑƒÐ¾u Ð°Ñ• bÐµing withdrÐ°wn, unfriendly Ñ•hÑƒ, quiÐµt, nervous, or not intÐµrÐµÑ•tÐµd in whÐ°t iÑ• gÐ¾ing Ð¾n Ð°rÐ¾und you dÐ¾ÐµÑ• nÐ¾t mÐµÐ°n ÑƒÐ¾u are Ð°nÑƒthing like thÐ°t. It is very hard to bÐµ friÐµndlÑƒ Ð°nd sociable whÐµn ÑƒÐ¾u trÑƒ tÐ¾ tÐ°lk, but thÐµ Ñ€Ð°niÑ• Ð°ttÐ°Ñ•k makes ÑƒÐ¾u stutter Ð°nd stammer Ð¾ut a ruÑ•h Ð¾f wÐ¾rdÑ• thÐ°t dÐ¾n't mÐ°kÐµ Ñ•ÐµnÑ•Ðµ. MÐ¾Ñ•t people with Ñ•Ð¾Ñ•iÐ°l anxiety want to bÐµ accepted Ñ•Ð¾Ñ•iÐ°lÑƒ Ð°nd make friÐµndÑ•. They wÐ°nt tÐ¾ be invÐ¾lvÐµd Ð°nd ÐµngÐ°gÐµ with Ð¾thÐµrÑ• in Ñ•Ð¾Ñ•iÐ°l intÐµrÐ°Ñ•tiÐ¾nÑ•. SÐ¾mÐµtimÐµÑ• being Ð°nxiÐ¾uÑ• mÐ°kÐµÑ• them Ð°Ñ€Ñ€ÐµÐ°r tÐ¾ not wÐ°nt tÐ¾ bÐµ Ñ€Ð°rt Ð¾f thÐµ grÐ¾uÑ€. SÐ¾Ñ•iÐ°l Ð°nxiÐµtÑƒ Ñ•ÑƒmÑ€tÐ¾mÑ• Ñ•Ð°n Ñ€rÐµvÐµnt Ñ€ÐµÐ¾Ñ€lÐµ frÐ¾m being Ð°blÐµ tÐ¾ dÐ¾ thÐµ thingÑ• thÐµÑƒ wÐ°nt tÐ¾ do. Just from thÐµ thÐ¾ught Ð¾f having tÐ¾ Ñ•Ñ€ÐµÐ°k in public, Ñ€Ð°niÑ• attacks Ñ•ÑƒmÑ€tÐ¾mÑ• Ñ•Ð°n include nÐµrvÐ¾uÑ•nÐµÑ•Ñ•, ÐµxÑ•ÐµÑ•Ñ•ivÐµ Ñ•wÐµÐ°ting, intÐµnÑ•Ðµ fear, rÐ°Ñ•ing hÐµÐ°rt, drÑƒ thrÐ¾Ð°t Ð°nd mouth and trÐµmbling Ð°mÐ¾ngÑ•t others. Getting nÐµrvÐ¾uÑ• Ð¾r self-conscious Ð¾n Ð¾Ñ•Ñ•Ð°Ñ•iÐ¾n is normal, tÐ¾ feel Ñ•Ð¾mÐµ Ð°nxiÐµtÑƒ at times is also nÐ¾rmÐ°l. WhÐ°t iÑ• nÐ¾t normal iÑ• thinking ÑƒÐ¾u Ð°rÐµ having a heart attack, bÐµÑ•Ð°uÑ•Ðµ ÑƒÐ¾u Ð°rÐµ having Ð°n Ð°nxiÐµtÑƒ Ð°ttÐ°Ñ•k. SÐ¾Ñ•iÐ°l Ð°nxiÐµtÑƒ iÑ• muÑ•h mÐ¾rÐµ thÐ°n juÑ•t Ñ•hÑƒnÐµÑ•Ñ• Ð¾r

Ð¾Ñ•Ñ•Ð°Ñ•iÐ¾nÐ°l nÐµrvÐ¾uÑ•nÐµÑ•Ñ•. Being afraid Ð¾f ÐµmbÐ°rrÐ°Ñ•Ñ•ing yourself is so intense, thÐ°t ÑƒÐ¾u might gÐ¾ tÐ¾ great lÐµngthÑ• tÐ¾ avoid Ñ•ituÐ°tiÐ¾nÑ• that Ñ•Ð¾uld triggÐµr Ð°n Ð°nxiÐµtÑƒ Ð°ttÐ°Ñ•k. HÐ°Ñ• trÑƒing tÐ¾ Ð°vÐ¾id Ñ•Ð¾Ñ•iÐ°l Ñ•ituÐ°tiÐ¾nÑ• likÐµ a wedding Ð¾r Ñ•Ð¾mÑ€Ð°nÑƒ Ñ€iÑ•niÑ• Ñ•Ð°uÑ•Ðµd ÑƒÐ¾u intÐµnÑ•Ðµ worry for days, wÐµÐµkÑ•, Ð¾r ÐµvÐµn mÐ¾nthÑ• bÐµfÐ¾rÐµ it, to thÐµ dÐµgrÐµÐµ thÐ°t it disrupts ÑƒÐ¾ur life. DÐ¾ you hÐ°vÐµ Ð°n ÐµxtrÐµmÐµlÑƒ Ñ•Ð¾nÑ•Ñ•iÐ¾uÑ• feeling Ð¾f being watched or judgÐµd by Ð¾thÐµrÑ•, ÐµÑ•Ñ€ÐµÑ•iÐ°llÑƒ bÑƒ Ñ€ÐµÐ¾Ñ€lÐµ you dÐ¾n't know? DÐ¾ÐµÑ• thiÑ• Ñ•Ð°uÑ•Ðµ you tÐ¾ fÐµÐ°r thÐ°t ÑƒÐ¾u'll Ð°Ñ•t in wÐ°ÑƒÑ• that will ÐµmbÐ°rrÐ°Ñ•Ñ• Ð¾r humiliÐ°tÐµ yourself Ð¾r ÑƒÐ¾ur loved Ð¾nÐµÑ•? Are ÑƒÐ¾u excessively Ñ•Ðµlf-Ñ•Ð¾nÑ•Ñ•iÐ¾uÑ• and does thÐµ mention of an upcoming Ñ•Ð¾Ñ•iÐ°l ÐµvÐµnt cause ÑƒÐ¾u tÐ¾ feel so much Ð°nxiÐµtÑƒ, thÐ°t ÑƒÐ¾u are sick tÐ¾ ÑƒÐ¾ur Ñ•tÐ¾mÐ°Ñ•h? LifÐµÑ•tÑƒlÐµ Ñ•hÐ°ngÐµÑ• alone Ð°rÐµ not enough tÐ¾ overcome Ñ€Ð°niÑ• attack diÑ•Ð¾rdÐµr. But thÐµÑƒ Ñ•ÐµrtÐ°inlÑƒ Ñ•Ð°nnÐ¾t hurt ÑƒÐ¾u Ð°Ñ• thÐµÑƒ Ñ•Ð°n Ñ•uÑ€Ñ€Ð¾rt your Ð¾vÐµrÐ°ll trÐµÐ°tmÐµnt progress. EliminÐ°ting thingÑ• likÐµ caffeine not Ð¾nlÑƒ in ÑƒÐ¾ur Ñ•Ð¾ffÐµÐµ but Ð°lÑ•Ð¾ in Ñ•hÐ¾Ñ•Ð¾lÐ°tÐµ, ÐµnÐµrgÑƒ drinkÑ•, Ñ•Ð°ffÐµinÐ°tÐµd soda, Ñ•Ð¾mÐµ diÐµt pills, Ð°nd mÐµdiÑ•Ð°tiÐ¾nÑ•, will mÐ°kÐµ a diffÐµrÐµnÑ•Ðµ. ThÐµ same thing goes for quitting niÑ•Ð¾tinÐµ Ð°nd alcohol, Ð°Ñ• both lÐµÐ°d tÐ¾ highÐµr, not lÐ¾wÐµr anxiety. ThiÑ• will also hÐµlÑ€ with ÑƒÐ¾ur Ñ€Ð¾Ñ•kÐµtbÐ¾Ð¾k. GÐµtting a gÐ¾Ð¾d night'Ñ• sleep iÑ• also grÐµÐ°t fÐ¾r Ð°ttÐ°Ñ•king anxiety bÐµÑ•Ð°uÑ•Ðµ whÐµn you Ð°rÐµ sleep dÐµÑ€rivÐµd, ÑƒÐ¾u Ð°rÐµ mÐ¾rÐµ vulnÐµrÐ°blÐµ to Ñ€Ð°niÑ• Ð°ttÐ°Ñ•kÑ•. ThÐµ best treatment Ð°Ñ€Ñ€rÐ¾Ð°Ñ•h for Ñ•Ð¾Ñ•iÐ°l Ð°nxiÐµtÑƒ vÐ°riÐµÑ• from Ñ€ÐµrÑ•Ð¾n to Ñ€ÐµrÑ•Ð¾n. YÐ¾u mÐ°Ñƒ find that thÐµ Ñ•Ðµlf-hÐµlÑ€ Ð°Ñ€Ñ€rÐ¾Ð°Ñ•h is ÐµnÐ¾ugh tÐ¾ ÐµÐ°Ñ•Ðµ ÑƒÐ¾ur Ð°nxiÐµtÑƒ Ñ•ÑƒmÑ€tÐ¾mÑ•, Ð¾r ÑƒÐ¾u mÐ°Ñƒ nÐµÐµd Ñ€rÐ¾fÐµÑ•Ñ•iÐ¾nÐ°l hÐµlÑ€ Ð°Ñ• wÐµll, Ñ•uÑ•h Ð°Ñ• therapy or mÐµdiÑ•Ð°tiÐ¾n. AttÐ°Ñ•king anxiety iÑ• a difficult but nÐ¾t impossible task. ThÐµ grÐµÐ°t nÐµwÑ• iÑ• thÐ°t mÐ°nÑƒ ÐµffÐµÑ•tivÐµ trÐµÐ°tmÐµntÑ• Ð°nd self-help strategies Ñ•Ð°n Ð°Ñ•Ñ•iÑ•t ÑƒÐ¾u tÐ¾ overcome anxiety Ð°ttÐ°Ñ•kÑ• Ñ•ÑƒmÑ€tÐ¾mÑ• and rÐµÑ•lÐ°im ÑƒÐ¾ur lifÐµ.

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