Stop Your Shyness

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Introduction

Staying home alone on Saturdays really sucks. I should know, because for years I had a rotten social life and struggled to learn how to overcome shyness.

Here's how shyness used to affect me:

- I thought of myself as being a loner, almost no friends and no social life.
- I had no idea how to approach a stranger and start a "regular" conversation.
- I was scared that I couldn't keep a conversation going for longer than 5 minutes. The most difficult thing in the world was to come up with the right thing to say, especially in group conversations. My mind always seemed to go blank, and there was nothing I could do about it.
- I always wondered why it was that all the loud and stupid people got all the attention they wanted, while nobody even pretended to pay attention to me. (...even if what I was saying was 10x smarter)

Do you ever feel the same?

It sucks!

What's worse is that I was the kind of guy who would try almost anything to get rid of the problem. (I'll tell you the single strategy I found that works in a second...)

Over time I grew sick and tired of being shy and lonely and bored out of my mind. I was sick and tired of being sick and tired. I didn't want to spend the rest of my life alone and isolated from the rest of the world!

You’re about to be introduced to knowledge and information that can have such an amazing impact on your social life.

If you read this book and make an ongoing effort to learn its content, then your perspective on people, social life, and relationships can change. This change could mean the difference between being happy and having many friends or lonely and bored.

Best of all, you’ll learn the truth about shyness and social skills without having to go through the painful failure and embarrassment that other shy people have suffered.

The information in this book boils down to the key elements of meeting friends, having a social life, and making conversation.
Psychologists, social scientists, writers, thinkers, etc. tend to focus on telling shy people that they should “get out more” and get more experience (which is great), but they never tell shy people exactly what they should do when they do get into these situations so that they can avoid embarrassment and grow.

It’s taken me a long time to figure out the things that you’re about to learn. I’ve spent years on this stuff and discovered that learning about social skills and dynamics play a HUGE role in building the foundation and setting the course for a long-term social life.

This book is *jam-packed* with information. It’s meant to be used as a reference. The best way to use it is to read and find all the parts you like and all of the ideas, skills, and techniques upon which you would like to improve. Then take those sections and write them down or print them out so you can remind yourself. Read them out loud and maybe talk about it with other shy people you know who might need the help of this book.

But don’t assume that reading it once will solve all your problems. Make a note when you find a section that applies to your situation.

Get a journal and jot down the ideas that grab your attention. Keep these ideas processing in your mind.

The more you do this the more insights and “Aha” moments you’ll have – and the more dramatic improvements you will have in your social life.

Right now it’s up to you.

I can’t do all the learning and practice for you. It’s you who has got to make the decision that you’ll do whatever it takes to get to that next level of understanding.

Social success isn’t as simple as learning to drive a car. The rules change and there are always exceptions to the case.

Social success is more like learning to play a musical instrument. It takes practice and learning. At first none of it makes any sense. Sometimes it seems as though all of your practice isn’t making a difference.

But if you keep at it, eventually you’ll be playing songs.

And then you’ll be writing songs. The next thing you know, you’ve become a master.
So take this book and use it as a workbook. Come back to it often. Reread the parts that you want to learn and integrate them in your daily life. Take a look and learn from some of the other books and information I’ve referenced. And most importantly, DON’T STOP READING UNTIL YOU’RE DOING IT.

Many people make the mistake of reading a book and say “I know that stuff” before they’ve mastered the information.

Don’t make this mistake yourself. Keep reading and practicing until you HAVE IT DOWN.

At some point you’ll develop your own insights beyond what’s in this book, and you’ll become an expert in the world of social skills, conversations and confidence.

Congratulations, by the way. You’re taking an amazing step by investing in your own life to figure things out. If you stay with it, you’ll have amazing results in lots of other areas, especially in your social life.

Do me a favor. E-mail me with your ideas, comments, and complaints. I want to know what you think. You can email me at:

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Notice To Bad People

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I expect you to abide by these rules. I regularly and actively search the Internet for people who violate my copyrights. Now that we’re finished with the bad people notice, let’s learn about how to be socially successful.
Why Your Past Attempts At Overcoming Shyness Have Failed...And What’s Different Now

You see a poisonous snake coming toward you. It has a deadly look in its eyes. What do you feel?

You feel fear. Intense, shaking fear that rattles through your whole body.

Suddenly there's a man standing at the opposite end of the room. He yells at you: "Don't worry! This type of snake doesn't bite!" Do you feel any different?

After all, the man does give you more information. So there are now two conflicting parts of your brain. One feels fear. The other tries to logically convince the first part not to feel fear.

This is a lot like how shyness works.

First, What Is Shyness Exactly?

I know it's a stupid question, but this is key.

Many shy people get confused into thinking shyness is something it's not. When they are young, someone may tell them, "You're shy." This assumes that shyness is a trait of a person. It's something they are born with or have developed over time to become a part of them, like their hair. Or like being athletic or overweight or hairy. But the scary truth is, shyness isn't a trait.

Think about it: Are you shy all the time? Even when you're by yourself? Are you equally shy when you're talking to someone new as when you're talking to your closest friend?

Shyness is a reaction. It’s a feeling someone gets in response to certain situations. The amount and the type of reaction someone feels depends on the
situation. **Shyness isn't something you are, it's something you feel, sometimes.**

**So What?**

It's a reaction, and you **can't control** the reaction. Just like you can't control the fear you get when you see a deadly snake coming at you.

**And that means you're not going to cure your shyness by thinking about it logically.** But that's what most shy people try to do.

No amount of saying "It's no big deal. It's just a conversation/speech/girl/guy." is going to stop that intense physical and emotional response you have in social situations.

The response that makes you want to **run away and hide** because you're so nervous.

**Shyness Isn't A Choice**

Shyness isn't a choice, it's actually much closer to **fear than anything else.** That means the only way to overcome it is to work smarter, not harder.

The problem isn't to make yourself "feel less shy", because **you can't make that choice.** The real problem usually runs much deeper.

What I've come to realize is that it's a problem of **not facing your fears in life,** in general.

**Wrap Up**

What can you learn from what I said above?

- Shyness isn't a choice. **It's a reaction.**
- You can't logically convince yourself not to feel shy by thinking, because shyness is **automatic.** You don't decide to do it or not based on facts. It's there or it's not.
• Therefore the only way to cure shyness is to attack it **indirectly**. You can't tell yourself not to feel shy as you are doing it, no matter how many "good reasons" you have not to be shy. **You have to fix your shyness by fixing other, underlying issues.**

There's something so much bigger at stake here...and overcoming this issue will lead to success in many other areas of your life. **Stick with it!**
How To Always Know What To Do Next In Any Awkward Social Situation

In a moment, I'm going to share how you can always know what to do next in any awkward social situation.

But first, let me ask you:

- Have you ever done the wrong thing when you were under social pressure? (Like if someone told you: "You're quiet" or "You're shy" and you didn't know what to do next)...
- Have you ever thought about a social situation that went badly over and over again, now knowing what you should have done?
- Has your shyness ever STOPPED you from doing something that may have earned you recognition or a friend?

The worst part about this one is that you sometimes feel like you want a time machine. **If you could just go back in time and correct your mistake,** someone would like you better.

If you're like I was when I first started trying to overcome my shyness, then you've been in one or more of these situations - probably MANY TIMES.

And what's the WORST part about going through one of these things?

Well, if you ask me, the most PAINFUL part of it is that as you're going through it, you always KNOW that it's your own mind that's screwing things up!

It's not that you don't know what to do.

It's that you're so busy thinking about what to do, that you start to get very self-conscious. When you finally do something, it comes out weird and unnatural.

And that's the part that really sucks.
MY BIG "AH-HA"

After a lot of hard work, I found the "answer" to these types of problems.

It may sound simple when I tell you, but don't be fooled...

This is some "hard-earned wisdom".

When I started trying to "do the right thing", I would always tend to think up of the right thing to do as I had to do it.

Makes sense, right?

For instance, if someone called me shy or quiet, I would try to think up of something to say that didn't make it seem as if I was shy or quiet.

I'd pass by someone on the street and think of where was the most natural place to look as I was walking by.

I'd see a girl I liked and try to think up of a good opening line as I stood there, looking at her.

I'd think up of the best way to answer questions like "Hey, how's it going?" right after someone asked me.

In short, I was always trying to think up of the right thing to do next in every social situation as the situations came up.

But what I found was that when it comes to reacting in social situations, if you just thing about what you're going to do, you're not actually doing it!

You're Stuck In A Loop!

For instance, I usually wound up taking FAR TOO LONG thinking about what I was going to say next in conversations. Those slight pauses and off-timing were really screwing me up when it came to small talk with people.
I usually ended up feeling awkward passing almost anyone on the street, because each time I was wondering to myself: "Am I acting normal?" EVERY SINGLE TIME.

I almost never approached girls because I was too busy thinking about what I should say, and slowly fear built up to a critical point, and I just didn’t do it.

And whenever someone asked me "Hey, how’s it going?", I started to freak out and think of what to say, without telling them that I had spent all my free time alone in my house.

The real "Ah-Ha!" moment came for me when I had a simple realization: I realized that instead of thinking of what to do on the spot, I would have to think of what to do BEFOREHAND.

In other words, instead of forcing myself "into my head" I needed to use my head before I went into a social situation and know what to do before the situation even came up. I needed to create "default actions" I could use in common social situations.

For example, I should have a right way of walking past people that I would use every single time I walked past someone. And I would figure out the right way BEFORE I was actually walking past someone. That way I'm never stuck thinking "Does what I'm doing seem natural?"

That one simple shift in thinking changed my focus, took me in a brand-new direction, and ultimately had a major effect on my long-term success in overcoming shyness and my success with improving my social life.

Default Actions Are The Answer!

Eventually I took all the "default actions" I had made up and I created an entire SYSTEM to teach you how to eliminate the feeling of not knowing what you should do and instead have responses that are natural and cool.

It's all in the book you’re reading, which is called "Stop Your Shyness".
Inside are the exact "default actions" I use in situations such as:

- When you have to make eye contact with someone. EXACTLY where you should look, and for how long.
- How to walk up calmly and confidently to a complete stranger, and start talking to them. (Even if the stranger is a good-looking person of the opposite sex!)
- How to answer the question: "Hey, how's it going?" and similar questions easily and naturally.
- How to react to common experience shy people face, like when someone says "You're shy" or "You're quiet".

Keep reading for more. 😊
How To Talk About Almost Anything Like Extroverted People Do And Make Conversations Last For Hours...And Enjoy It!

Have you ever heard a conversation between two or more outgoing people?

It's disgusting.

They have the most pointless conversations imaginable.

Celebrity gossip. The stupid trash movie they saw last week (that really isn't all that funny). Comments about other boring people they know. Or nothing at all. They just talked on and on and seem to even enjoy it. They say almost nothing of substance and everyone else seems to love them for it.

While you can barely keep a relatively interesting conversation going.

Maybe you've listened in on one of these conversations, and come to the realization that maybe you don't talk because you have nothing in common with these people. You don't want to be lonely, but can't ever imagine being part of such a pointless discussion. How can you add something interesting to a conversation that is about nothing?

But you have to be able to talk about nothing if you want to be socially successful. And, as you'll soon find out, it won't make you less intelligent.

What Should I Talk About?

The question: "What should I talk about?" is the wrong one. Did you really believe people talk about stuff that actually matters?

They don't, and for a good reason.
Most people have nothing real interesting to say. They just don't know enough to be able to talk about fascinating subjects all the time. Maybe I'm a pessimist in this way, but most people aren't even that intelligent.

But that doesn't stop them from having friends. Or girlfriends and boyfriends. Or a social life. It actually helps.

Talking about nothing helps people have a better social life for one not-so-obvious reason. Most people spend a lot of time talking throughout the day. With many different people, about their new cat, vacation in Fiji and creepy neighbour. How many of those conversations do you think they remember?

**People Don't Remember Most Conversations They Have**

The trap many shy people fall into is thinking that every conversation they have has to be interesting and important. They obsess about some small conversation they had with someone for days, thinking about what they said, what they could have said, what they did right and wrong, and what they're going to say to the person the next time they see them. Tell me, how much has the other person thought of the conversation?

**They've probably forgotten about it entirely.** Because they had plenty of other conversations, and pressing issues, and events that happened to them. In the end, one little conversation means nothing in the grand scheme of things, at least it shouldn't.

That's why no matter what you say to someone in the average conversation, they will almost 100% certainly forget it within a few days. Because of this, you don't have to have something particularly interesting to say. You just need to say something.

*People don't remember what you said, but they do remember that you had something to say. In the end, you can talk about interesting stuff, or "nothing". Nothing is much easier.*
Why Should I Want To Talk About Nothing, Anyway?

Good question. Maybe you feel like you just don't want to waste time talking about nothing. You would rather spend your energy finding people who you can have interesting conversations with, learning about your favorite hobby, enjoying your favorite video game or changing the world. These are all great things to do, and you should definitely do what you want to.

But you should also find time to make small talk with people and socialize. This gives you much different feelings than other activities ever could. It brings balance to your life, makes you feel connected to other human beings and most importantly, it is what we were meant to do naturally.

You're supposed to be able to make conversation naturally and talk about almost anything, except your shyness gets in the way.

Fortunately, there are several techniques you can use to make words flow out of your mouth like water in a stream, many helped me overcome my own shyness immensely.

How Do I Talk About Nothing?

Did you ever see someone you'd like to say "Hello" to, and then proceed to play out exactly how you're going to say it and what funny remark you're going to say?

Don't do that. First of all, it's too much effort to think through everything you're going to say. It's like having a "filter" between a brain and your mouth, only letting through the few remarks that pass your high standards.

You have to stop thinking about what you're going to say before you say it. Don't think when you're talking. Don't decide on what you're going to say.

Keep your mind completely blank, and just let whatever wants to come out, come out.
Essentially, what you're doing is making talking subconscious. You stop relying on your brain and start relying on your instincts and "gut feeling". You no longer have to actively think about or worry about what you're going to say next. This does take some getting used to, but soon find small talk a breeze and actually really FUN!

**What To Do When Talking**

When you're talking, you have to be in the moment.

Shy people are usually off in their own little head (I would know) thinking about something they just said, how funny or horrible it was. Or they're worrying about what they're going to have to say next, how to sound more natural and not make things awkward.

This is the worst thing you could possibly do if you want to have a natural conversation.

It's because of this that you sometimes run out of things to say. It isn't like you have nothing to say. You have a whole lifetime of experiences and knowledge. The real problem is not what to say, but being so focused on what to say next, that you think it has to be funny and interesting and witty.

The truth is, people don't remember most conversations, so it's useless having something great to say every time it is your turn to talk. Instead, you have to practice speaking without thinking. This lets you relax and enjoy conversations, being able to say whatever "feels" right.

To be able to do this, you can't be thinking 10 seconds into the future or 10 seconds into the past. You have to be in the moment.

"What If I Say Something Stupid?"

If you don't run through whatever you're going to say in your head, how do you know what you're actually going to say?
You don't. You just have to trust that over many years of conversation and hearing other people talk, you have enough knowledge to be able to come up with what to say automatically. This takes a leap of faith at the beginning.

You've been thinking about what to say for so long, that just talking without a filter will seem unnatural at first. Trust me, it's much easier and it's how most people talk.

"How Do I Stop Thinking?"

[I'll write a future article on this.]

"I'm Too Smart."

Maybe you still think "regular people" are too different from you. You couldn't be more wrong.

There are plenty of very smart and social people out there. You being smart and shy has nothing to do with you being a genius, you've just gotten into the habit of not talking. And you can break habits.

Here's What I Do When Meeting New People

Have you ever seen someone you'd like to meet? Maybe it was an attractive girl or guy you really liked, or someone at your work.

If you're like I used to be, you think about what you could say when you approach them. You think of what would make them think you were funny and interesting. Usually you spend all your time thinking, and make yourself so nervous, that you end up never approaching them. Does that sound like you?

Recently, I modified the tips I shared above to these situations. Now I can approach and meet just about anyone and strike up a conversation, even a stranger off the street.

This is what I do now: When I see someone I want to meet, I give myself 3 seconds to walk over to them. I don't hesitate, and don't think for even a
second. I keep my mind completely blank and trust that I'm going to have something to say. Sometimes it's as simple as: "Hi, I'm Sean", and you wouldn't believe some of the other things I've come up with on the spot!

And the best part is, you wouldn't believe how fun this is! After a couple of times getting rejected, you start getting confident. [I'll write an article on confidence soon.]

The secret is to not think. You don't know what you're going to say, and that's okay.

Summary

So here's a list of the main points I've covered:

- It doesn't matter what you talk about because people forget most conversations completely a few days after they happen.
- It's a lot easier to let yourself talk naturally, without "filtering" what you're going to say next.
- You have to be in the moment, not thinking about what happened 10 seconds ago or what you should say 10 seconds in the future.
- You have to build the habit of relying on your subconscious mind or instincts to come up with the right thing to say automatically.
- Most people have no idea what's going to come out of their mouth, even as they're talking. That's the level you want to be at.

Next time you're in a conversation, don't think. You want to get this down so well that you don't even have to think about not thinking, it just comes naturally.
How To Stop Your Mind From Going Blank In Social Situations

You're back in high school. The teacher you hate most has just asked you a question. Typical of her to pick the only one you don't know the answer to.

Suddenly, your mind goes blank.

What do you do? You desperately try to think of something to say, and an awkward silence falls across the class. They're all looking at you. Everybody's watching.

Suddenly you're not sure where you should put your hands. You move them awkwardly to the back edge of your desk, and you feel how cold and sweaty they are. But there's no time to worry about that. You have to say something, anything. Quick!

You blurt out an answer. Why does your voice sound so weird? Everyone keeps looking at you for some reason. Now your voice sounds a little better. You wish the teacher would move on with the other people in the class...

What Did You Do Wrong?

Maybe that situation has happened to you before. Maybe it's happened to you many times. Or maybe some other, similar situation has happened. It's happened to me, and it happens to most people who are shy, for a reason.

The reason is shy people tend be preoccupied about what other people think of them. In the classroom, you were very aware that everyone was watching you. You didn't want to mess up.

You didn't want other people to get the wrong impression of you, so you had to think carefully about what you were going to say or do next. Unfortunately, your plan backfired horribly.
You Fell Into A Trap

It's a trap many shy people get caught up in: they try to micro-manage what other people think of them. They constantly think about little things that are unimportant.

For example: Is what you say next going to be liked? Are your clothes representative of your personality? Will the way you walk give off the right vibe? What's the right body language? Will doing this or that make you seem less smart? Do people secretly respect the way you are?

This is the process shy people go through before they say or do something:

1. "What should I say next?"
2. "Will it sound good?"
3. "What's the best way to say it?"
4. ...and only then do they actually say it.

This type of thinking is called Self-Monitoring, and it's bad for several reasons:

1. You Hesitate

Instead of just letting go and expressing yourself, you think and think and think. And only after do you do something. It's not fun for you and it's not fun for other people. It's unnatural. The more you hesitate before doing something, the more contrived it will seem when you finally do.

For example, if you think of something to say, and them wonder if you should say it, you get nervous. It stops becoming something that just popped into your head and becomes YOUR own idea. You put more and more importance on how people will react to it the longer you wait. When you finally do say it, you're nervous. You control how your act through conscious effort, and it comes out unnatural.
2. You Seem Out Of Focus

When you Self-Monitor, you seem out of focus. Like you're actually 10 seconds in the past or 10 seconds in the future, instead of being in the NOW and enjoying it.

Only shy people and those who are extremely self-conscious monitor what they do. Normal people don't. What normal people do, is not think at all. They don't think about what they're going to say next. They get a general feeling of what they want to communicate, and they say it.

Think back to one of your best experiences socially. Chances are, it felt like the right words were somehow coming out of your mouth automatically. You weren't stuck in your head, trying to come up with something to say. It was all flowing, and you felt in the moment and connected to the other person. Best of all, you were having fun.

3. You Seem Inauthentic

Oh, the irony. You want people to like you and think you're a swell guy or girl, but they don't. They think you're inauthentic.

When you think about everything you say and do, it doesn't come from you directly. It's been filtered by your brain, and people can feel it. They can sense the slight offness when you've been thinking of a remark for a minute. They don't feel the same energy coming from you as from a person who comes up with something to say on the spot, and that lack of energy turns them off.

How Do You Stop Self-Monitoring?

First, you have to realize when you're doing it. You do it when you're trying to consciously control internal processes that are normally unconscious. What does that mean?

Do you control how you move your mouth when you talk? Do you consciously control how you're breathing? Do you think about how your arms and legs
move as you walk or sit down? Maybe you aren't doing it now, but in tough social situations you do it. You shouldn't EVER do this.

When you realize you are doing any of these things, this is what you should do:

**Switch your focus.** Think about being on the beach. Count to one hundred. Think of something that will take you mind completely off what you're doing physically.

**Stop talking to yourself.** If you're constantly doing this in your head, stop. It's part of Self-Monitoring. You're probably talking to yourself about what you're doing, or about to do. Switch your focus using the technique I just showed you.

**Don't hesitate.** When a thought pops into your head, express it. The longer you wait the worse your fear of expressing it badly becomes. Downplay. You could be in a war zone right now. You're just talking to someone, maybe it's your teacher.

These things should come naturally. So don't consciously force your mouth to move when you're talking Or your arms to move a certain way when you're walking. Switch your focus, relax, and have fun.

**The Blueprint**

1. **Realize** when you're self-monitoring
2. **Switch** your focus off yourself.
3. **Stop** talking to yourself.
4. **Don't hesitate** for a second.
How To Become A Magnet For Friends And Attention By Doing What High Status People Do Unconsciously

Have you ever done this: Stood or sat near someone because you thought other people would see you with them and think you were a cooler person because of him/her?

Can you can easily talk to people who are seen as being "uncool", but struggle to say the right thing when talking to someone popular?

You aren't alone. Everyone does these things all the time.

If you've ever wanted to know the hard-core psychological science behind what makes some people magnets for friends and attention, and others desperate for any social contact, then what you are about to read will blow your mind.

What Is Social Value?

Social Value can be thought of as a scale. Everyone has a place on it, that determines how people react to them.

In general, there are two groups of people: High Social Value and Low Social Value.

- **High Social Value** people are the ones who have tons of friends and connections.
- **Low Social Value** people usually have very limited social success and are often loners.

Where Does Social Value Come From?

Social Value comes from our caveman days. Back when everyone was worried about getting food and shelter and surviving.
Anyone who seems to be able to better our chances of surviving, or help us reproduce, or give us feelings of enjoyment is someone that we want to be around.

**They Help Us Survive**

Men who are dominant or leaders are high status, while women who have many connections are high status.

Being around a leader will better your chances of surviving, so sticking around dominant guys (if you're a guy) and socially savvy girls (if you're a girl) has been programmed into us by evolution.

**They Help Us Reproduce**

This, of course, goes back to when humans lived in caves and jungles. We have a very basic need to reproduce.

Men who are able to attract many women are who other men want to be around while women who are attractive generally increase the chances for both the men and women around them to reproduce.

**They Make Us Feel Enjoyment**

People who other people think are funny are usually high status.

We are attracted to pleasure and away from pain, so we think highly of people who can make us feel pleasure.

In a second, I'll show you how these three benefits: survival, reproduction and enjoyment, are the foundation that makes some people social magnets.

**High Social Value**

We gravitate towards people of high status.
High Social Value (high status) people don't care what others think of them. These people can be alone in a new social situation and feel comfortable.

They are confident, have high self-esteem and are comfortable in almost any social situation.

For example: In a bar, an attractive woman has high social value, because she is the one in control. Guys may come up and buy her drinks because they are seeking her approval. If she rejects them, they feel bad. She controls how they feel, making the guys low social value.

**Low Social Value**

Low Social Value (low status) people feel the need for people to like them. They need other people's approval and validation. They are needy and cling onto high status people like leeches.

Most shy people fall into this category.

That's why you probably like to hang around people who are more popular than you. You are almost trying to get some of their popularity. You see them as being a valuable friend to have, because they are a "step" up.

Low status people are "reactive". They react to what other people say about them. They need people to like and approve of them. Their whole state of mind depends on what other people think of them.

**How Do We Judge Someone's Social Value?**

We determine someone's social value through their body language, eye contact, voice, and many more cues, which are nearly imperceptible.

When we judge someone's social value, we do it on an unconscious level. We don't even realize we are doing it.
A man's value is sub-communicated by the obvious and subtle behavior patterns that comprise his personality. That will determine how attractive he is and how people respond to him emotionally.

A woman's value is based more on how well connected she is socially, as well as how she looks.

That is why, in high school, the most popular guys tend to be jocks and the guys who are loud or funny. It doesn't matter much if they are good looking or not.

The popular group of girls were almost all good-looking. Their social value depended on their looks and, to a lesser extent, how many people they knew.

That doesn't mean that, if you're a girl, you can't become socially successful. It does mean that, instead of changing your personality (like guys), you have to build social connections on top of your personality, which I'll show you how to do.

**How Can Someone Become High Social Value?**

Because we judge someone's social value based mostly on how they act, that makes it possible to change how people view us by becoming better at giving the right social cues. We can become popular by changing our personality, and personality change is at the core of this website.
12 Subtle Antisocial Habits That Make You Look Insecure

When I was a teenager, my parents always insisted on taking lots of photos and home videos.

I hated seeing how I acted in those days. I was always the quietest one, barely able to control my actions and reactions. Usually I thought I was a little shy, almost normal, but seeing those videos I was embarrassed to see how much different and insecure I actually was compared to other people.

I wince inside, thinking back to those days.

Over the years, I realized there are some habits almost all shy and antisocial people have in common that make other people think they're loners.

If that's not bad enough, most shy people aren't even aware of what they are. The habits are automatic and subconscious. That's why I was always surprised when I saw how I actually acted in real life.

But the good news is, once you see what these habits are, you can make adjustments to how you act and become more comfortable in your own skin.

1. Being Stuck In Your Head

Outgoing people talk to other people. Shy people talk to themselves. It's a comfort mechanism, more than anything.

The important thing to realize is that talking to yourself is a habit (like everything else on this post), and habits can be broken. Whenever you realize you are talking to yourself, STOP. This will help you "get out of your head", talk more and eventually start becoming more extroverted.
2. Not Paying Attention To Others

One of the biggest tips many conversation experts give is to **become actively involved in listening to conversations**. Many shy people get into the habit of just standing there, thinking and talking to themselves inside their own head, and listening, but not paying too close attention, to what everyone else is talking about.

Once you start to pay close attention, and put more energy into thinking about what other people are talking about, you won't have a problem thinking about what to say next. Stuff will be popping into your head all of the time. You're just going to have to suck it up and say it.

3. Nervousness

Relax, dude. What's the worst thing that can happen when you're in the middle of a social situation?

In the pictures I mentioned before, I almost always looked as if I was nervous and tense. Not good. Being relaxed helps you to enjoy situations. Also, **shy people tend to automatically "tense up"** some of their muscles when they are nervous.

Every once in a while, check if your neck, shoulders and stomach area are tensed up. Your shoulders, when they are tense, will be higher than normal. Take a long, slow breath and as you are letting it go, relax any tense muscles you have.

4. Paranoia

You may think everybody is judging you, and every small action you take and every thing you say. **FACT: Nobody really cares about you.** (They're too busy worrying about what other people think of them.)
Next time you feel self-conscious, look at a random person and take note of how you feel about them. If the person you picked is truly random, then you probably won't have any emotion whatsoever.

That's how most people who see you feel about you: INDIFFERENT. It took me a long time to realize that.

5. Self-Monitoring

You "micro-manage" what you do. That means you think of what you're going to say before you say it. You think about what you're going to do before you actually do it. This makes **everything you do and everything you say seem unnatural**.

There's a lot of info about how to overcome this in my post on [talking about nothing](#).

6. Feeling You Don't Deserve Good Things

You feel you aren't good enough for that hot girl or guy to even talk to them. If someone compliments you, you don't really know how to respond because, deep down, you don't feel you deserve the compliment. (I'll talk more on this in a future post.)

7. Fear Of Expression

You feel "held back" - like you can't just let go and do what feels natural. This can make you quiet and limit your body language.

I remember in social situations I used to have crazy ideas like screaming at the top of my lungs just to see what would happen. I knew I was PHYSICALLY capable of doing it, but something inside seemed to stop me. This is caused by a lack of confidence (also see Habit #9).
8. Arrogant Beliefs

You may think you're smarter than most people you meet. You may even think that the reason why other people get along so well is because they're on the same level - **while you can see "how things really are"**.

If you can relate to that feeling, then the trick is to realize where it comes from. It comes from your bitterness that people don't seem to like you despite all the "reasons" why they should - you being smart, or talented at something, etc.

9. Hinging Self-Esteem On What Others Think

You let other people decide how you feel. If they say something bad to you, you immediately feel bad inside. You take their opinions as being fact.

**The reality is that it's impossible to make everyone like you**, and sooner or later you're going to have to get used to that. If you don't, you'll die sad and unfulfilled because you always seek the approval of other people.

10. Fear To Break Rapport

Rapport is when two people are experiencing a connection. This usually happens in a solid conversation about shared interests.

Unfortunately, shy people mess this up by **acting too needy** when they do finally meet someone they can relate to because they don't have many friends. They don't want to do anything that might make the other person "disconnect", so they stay in their safe zone when talking. This **makes them boring** to be around.

11. Need To Entertain

**Not everything you say has to be witty or clever.** In fact, most people won't remember what you said in a conversation in 5 days, so you might as well say anything. This ties into habit number 12...
12. Feeling You Have To Impress

If you're shy, you may feel as if the only reason why people hang around you is because you have witty and intelligent comments or something else that impresses them. This is a very shallow way to live, and it's just too hard to come up with something funny to say in every situation. You wind up talking a lot less than other people.

The reason why you feel the need to impress others is because you are lower social value than them.

So How Can You Change?

Now that you know some of the bad habits you've developed over the years, how can you get rid of them? Keep reading the posts on this blog my friend. I think I've already packed enough into this one. :)
Can't Look People In The Eyes? Here's What To Do About It

Do you ever have trouble looking people in the eyes? You're talking to someone, and you don't know where to look. You seem fine at first then you have this sudden urge to turn away and look anywhere but at their eyes.

For some reason, you get nervous and feel weird making eye contact with people, as if you're looking into the other person's soul. And you worry that if the other person can see your eyes, they will find out how uncomfortable you are and realize that you are a loser.

I know that it sucks. Have you ever wondered why you feel this way? Did you know that by simply controlling what you look at you can make your social life come alive? Read this article to solve the puzzle.

What Do The Experts Know?

First, read this exercise many top relationship experts tell to married couples:

To help connect on an emotional level with your partner take a minute each day to look into your partner's eyes and express how you feel about him or her. Follow it up with a kiss...with your eyes open.

Why are couples encouraged to do the exercise above? Is it because expressing feelings openly leads to a deeper emotional connection? Everyone knows that a lack of communication is the number one reason why couples divorce. Will talking directly to themselves about their feelings make the other person feel special and appreciated?

So the two partners talk about their feelings, and then kiss. But is that all?

Many people don't realize that talking is actually the least important part.
I want you to imagine a couple doing the exercise above, but instead of looking at each other, they're sitting side by side, both looking somewhere **off into the distance**. For the whole minute of conversation, they don't look at each other once. When it comes time to kiss, they close their eyes. Pretty romantic, huh?

Eye contact creates the emotional connection between two people. Without that, there isn't even a remote possibility of a friendship or relationship.

**Still Think It's The Words?**

**Most of how people communicate isn't verbal.** That's where the old saying came from: "It's not what you say, but how you say it."

But it isn't even really about how you say something, but what you're doing while you're saying it. One study at UCLA indicated that up to **93 percent of communication effectiveness is determined by nonverbal cues**. Body language, voice tonality and, yes, eye contact.

Of all of these, arguably the most important is eye contact. Why? Because we form connections with people through eye contact.

If you want to have **real friendships and relationships** with other people, and not just shallow small-talk, then you will have to start looking them in the eyes. That's the way humans work.

**Are you Human?**

Then you need to **make eye contact**. Probably lots more than you do right now. However, you also don't want to creep the other person out.

Eye contact is like salt on french fries. Everyone has a slightly different amount they like to have, and it depends on the situation. Too little and the fries are just plain boring. Nobody wants them, because there's no flavor. **Are your conversations just plain boring because of a lack of eye contact?**

But there's a dark side as well. Too much and the fries are too salty. They repel people away, and the restaurant loses any repeat customers it may have had. If
you give too much eye contact, people will think you're creepy and won't want to be around you after their first taste.

**How Much Eye Contact Is Normal?**

Here's the quick and fast rules:

- When **talking**, make eye contact **1/3 of the time**.
- When **listening**, make eye contact **2/3 of the time**.
- For everyday conversation, make eye contact in **spurts of 3-4 seconds**. (6-8 seconds if you are talking to someone of the opposite sex that you like.)

Okay, that's all the facts you really need to know. But I know that, for someone like you, it's not that easy.

**So How Do You Actually Do It?**

There's a scientific word for how to do it. Not that you need to know it, but it's called **progressive desensitization**. What does that mean?

Imagine a large staircase. You are at the top, and everyone who has no problem making eye contact is at the bottom. You want to get to the bottom. How do you get there?

**Do you:**

1. **Jump** straight down from the top of the staircase to the bottom?
2. **Take the steps** down, one at a time?

The logical way to get down is to take the steps one at a time. It's the same when you start trying to make eye contact with people.

At first you won't be able to even look at their eyes. That's okay, look at their lower forehead or upper nose or in the middle of their eyes. They won't be able to tell the difference.
Make a conscious effort to do this, and slowly you'll be able to look at their nose for longer and longer periods of time. Then you start looking at one of their eyes, and slowly get used to that.

**Practice, It Gets Easier**

Yes, at first it will be hard, and you **will have to TRY** to look people in the eye, but you will slowly get better at it as long as you keep pushing your comfort zone.

Sooner than you can imagine, you won't have to think about keeping eye contact, because it will become a habit to do it. It will be natural, and once you stop thinking about it you really get better at it.

Next time you're talking to someone, or walking past a stranger, take the first step and start desensitizing yourself. **Look at their forehead for 3-4 seconds as you talk to them, then look away.** Try it again, and again, and again. More and more often. For longer and longer periods of time.

It's the only way to get rid of this problem.
The Only Way For A Shy Person To Build Confidence...Works Even If You’re Smart!

Ever notice how most doctors are confident?

If you walk into a doctor's office and he (or she) acts like he knows what he's doing, you're going to trust his diagnosis and instructions. You're going to respect him and listen to what he says and believe it.

On the other hand, if he shakes when he's handling his tools, is unsure of his actions and can’t quite look you in the eye or he stutters when he's telling you his diagnosis, you're going to think: "This guy doesn't know what he's doing!"

But is the confident doctor actually any smarter than the unconfident one? Does a confident person always know better than a nervous, awkward one?

Logically, the answer is no. Both doctors may be equally good. The nervous one may even be better. But humans are not logical creatures. We are driven by emotions. As much as you could try to logically convince yourself that both doctors could be equals, your gut feeling tells you a much different story.

Your gut tells you that the doctor who appears to be confident will know more and know it better than the doctor who is nervous. Your gut is subtly sending you the message: "Maybe there's a reason why he's nervous..."

That's why confidence is important. People will make snap judgements about you based on how confident you appear. Can you blame them? They can only see you from the OUTSIDE.

But Are Doctors REALLY Confident?

It's important that you GET THE FOLLOWING IDEA: The same doctor who can confidently save a person's life or tell them they have a deadly sickness, will freeze up in an unfamiliar situation.
They may become nervous and anxious at the idea of talking to an attractive woman in a bar. This is because they are only confident in certain situations. This is important because it shows how confidence really works, something you'll learn in just a minute.

The WRONG Way To Think About Confidence

Have you ever had to give a speech in front of a large group of people and wanted to "feel confident"? If so, you may have tried some different techniques to make yourself confident just so you could get through that speech.

The techniques may or may not have worked. If they did, the feeling probably only lasted for a few hours or a day. This is because you were trying to trick yourself into feeling confident. Smart people can't trick themselves for long...

Here's How Confidence REALLY Works:

The kind of confidence you want is not to "feel confident" when you desperately need to. Your confidence has to be formed from knowing you are a person who can handle yourself in most social situations.

Instead of tricking yourself into feeling confident, you have to base it on your actual abilities. In other words, confidence comes from knowing that you can do something through experience.

The doctor I mentioned before had already treated hundreds or thousands of patients. He KNEW he could do it, and do it well. Because of this, he never even has to think about being confident. It isn't something he feels sometimes, it's something he IS all the time.

On the other hand, the same doctor might become very nervous and anxious at the idea of approaching an attractive woman he doesn't know at a bar. He can't make himself confident if the abilities aren't there. If he has no idea how to have a conversation and have fun at a bar, then he will won't be confident. It wouldn't make sense for him to be.
What This Means To You

In the same way, if you want to be confident in social situations, it usually **isn't enough to "want to feel confident"**. You can't just tell yourself to be confident, no matter how hard you try. THINKING about it won't help! *(Even if you do get yourself to feel more confident and friendly than usual, in a day or two it will wear off and you'll be back to your usual base level of confidence. That sucks.)*

Fortunately, there is a better way. You have to realize that...

**Your Confidence Is Based On Your Actual Abilities!**

This means that if you want to be more confident when speaking in front of people, you should **first become better at it!** And if you want to become more confident when having conversations, you should first get some basic conversational skills.

**This is counter-intuitive** to what most people teach, but it's completely true! If you start playing a new sport, should you be confident when you suck at it, or do you become confident when you build your skills to a point where it becomes natural to tell yourself: "I'm not the best in the world at this, but I'm pretty good, based on the number of goals I score per game. I'm pretty confident I'll play reasonably well in most games. There isn't really anything to worry about."

**How To Raise Confidence...Even If You're Smart!**

Some shy people think that only loud, dumb people are confident. That’s because the loud, dumb people **know that they have some social skills.** They know they won't get awkward and can handle being under social pressure.

It's not about getting yourself to "act" confident, it's about **raising your base level of confidence** by improving the areas you are weak in. Once you improve, you can then look at yourself and **KNOW that you are okay in certain areas, like having conversations or making small talk.**
To raise your level you have to first learn some new skills to actually become better at doing stuff. First you get better, you see yourself getting better, and then you become more confident, not the other way around.

By the way, if you REALLY want to boost your skills, then check out my free report on conversation and small talk, after you master the technique inside you'll get better at making conversations and then become more confident as a result!

The Big Picture of Confidence

Here's some of the ideas I've talked about in this article:

- People judge you based on how you appear to be because they can only see you from the OUTSIDE.
- People, just like doctors, are only confident in certain situations.
- To become confident in social situations, you must first learn some basic social skills. After you develop your skills, you will see that it's only natural for you to be confident in your abilities.
- You aren't confident because it doesn't make sense for you to be. You don't have the skills and experience in social situations to back up any sort of confidence.
- You have to build your base level of confidence by improving your outer skills first. The skills are the cause, confidence is the effect, not the other way around.
How Make Yourself Take Action and FINALLY Overcome Shyness By Triggering Your Brain Into Thinking You’re Going To Die In 2 Weeks

Have you ever thought about what it would be like to be told that you have 2 weeks left to live? Has the thought ever made you strangely excited?

This isn't unusual. Many shy people get this thrill. They think that if they were going to die in 2 weeks, they really wouldn't care what other people thought anymore and their shyness would just disappear. Would this actually happen...or would the person continue to be shy?

What!?!? Is there even a possibility that knowing you're going to die in 2 weeks wouldn't change your shyness one bit? I know this is a little hard to accept, but in this article I'll show you the following:

- Why you may be frustrated because, in theory, it seems so simple to just "pretend you're going to die" and overcome shyness that way. But when it comes to cold hard reality, you still have that mental block in place that stops you from really living and expressing yourself without nervousness.
- How to use the psychology behind "dying in 2 weeks" to help you overcome your shyness, and get that feeling of being the one in control of your life with no excuses to hold you back.

Why Knowing You're Gonna Be Dead Soon May Not Work

Many shy people have what I call the "Fixing Mindset". They think that if only they could fix something about themselves, then they wouldn't care what other people thought anymore.

Shy people are a lot more critical of themselves than others. They have a very low self-image and may blame their shyness on many different OUTSIDE factors, like having bad teeth, being overweight or having uncool
clothes. They think that if only they could get that fixed, they would be okay and wouldn't be so self-conscious anymore.

Often they finally "fix" the problem, but they're still the same person. **Nothing has changed, really.** And they may even look for a new thing that needs "fixing", just as a way of justifying why they are still shy.

The interesting thing is, there are many outgoing, popular and social people out there with the **exact same problems** as the shy people, but it doesn't affect them. They live regular, happy lives and have lots of friends.

So what's the difference? The difference is that shy people always think that something about them needs to be "fixed" when really, **the REAL problem is how the thing AFFECTS them inside.** If it didn't AFFECT them, it wouldn't need to be fixed. They wouldn't even be aware of the "problem"!

**What Does This Have To Do With Dying?**

Many shy people are attracted to the idea of being told they're going to die in 2 weeks because it **gives them the feeling that something inside would be "fixed".** The feeling of relief or excitement you get when thinking of how you would behave if you were gonna die in 2 weeks is there because you think it'll fix the main problem that's holding you back.

**The problem of facing your fears.**

If you were going to die in 2 weeks, **what could you be afraid of?** Being confident in front of a large group of people? Kissing a random stranger? Going out on a date? There really isn't anything left to fear, once you know you're going to die in 2 weeks. You know you're a goner anyway, so none of this would matter, would it?
Why Does Dying In 2 Weeks Work So Well At "Fixing" Fear?

The secret isn't in the "dying" part of the idea, but in "2 weeks". Knowing there's ONLY 2 weeks gives you a deadline that you have to meet.

Once there's a deadline, you know that there's no more time to screw around or avoid taking risks or be afraid of silly things like parties and attractive girls/guys. All these things become small and insignificant, because you only have a limited amount of time left!

How To Die In 2 Weeks Or 2 Months Or 2 Years...

"This is your life, and it's ending one minute at a time."

First you have to know, not fear, but know that someday you are going to die. Until you know that, you have no sense of urgency. You think you have all the time in the world to do amazing things, but you may not live to see that particular someday.

That's the trick behind how to get the feeling you're going to die in 2 weeks: YOU ACTUALLY ARE! Okay, maybe not 2 weeks, but there's a definite number.

If you're 20 years old, and can expect to live up to 80, the you have 3122 weeks left to live.

Next week it's going to be 3121.

Final Note: Has this post given you a little bit of motivation to "take a stand and overcome your shyness"? Soon I'll write a post on why getting brief flashes of motivation won't ever get rid of your shyness in real life, and what will. (Hint: It's not time, but changing one of the basic "processes" in how you think that's holding you back. Stay tuned.)
How To Change Your Personality And Become More Outgoing Without Your Friends And Family Noticing And Putting You On The Spot For It

Maybe your family is loving, caring and supportive of your shyness. Or maybe your family sucks and you hate seeing them and want to move as far away as possible from them.

Either way, they may be holding you down from overcoming your shyness.

**Do you ever feel more shy around your family?** Do you feel weird being around and talking to people your own age or of the opposite sex when some members of your family are around? Does it feel weird when you try to be more outgoing and sometimes seem like your family wants you to keep being shy?

**There are several reasons why you feel this way, and 3 major ones:**

**Reason 1: You Care What They Think**

This is the biggie. **It's hard not to care what your family thinks.** You may worry they judge how you act, who you know or what **clothes you wear.** If you're a teenager or living at or near your parent's home, it can be even more difficult. But this is the cause of the other two reasons.

One way to stop caring so much is to **get a life.** I mean it. Seek out new friends, new interests, and outside groups. If you have a life outside of the house you'll stop caring as much about what your family thinks because they will become only part of your life, instead of being there always.

By the way, I know "get outside interests and friends" is a lot easier for me to say than it is to actually do. **I know what it's like to be shy and feel stuck inside the house.** It's like having an invisible barrier holding you down and you wish something would just "snap" and make your life better. Right now I'm writing a section in my book (in-progress) that talks about a psychological
technique called "Pattern Interrupts". It's a little-known way to break out of these loops shy people get stuck in, and it's REALLY exciting stuff. :)  

**Reason 2: Won't They Notice If You Change?**

You're afraid of suddenly acting more confident and talking less quiet because **you don't want your family to notice**. This goes back to Reason 1, But there's actually a much easier solution for this feeling.

Yes, they may notice you changing, but **they won't mind**. If they do, it's because they feel like they're "losing control" over you. Some outgoing people feel more important around shy people because they like being able to boss them around and dominate over them. If your family doesn't want you to change, hang around them less (see #1).

Also, it's generally expected that shy people **need some time to "break out of their shell"**. You won't really be surprising anyone.

**Reason 3: They Know You're Shy**

It's very **hard to change the impression of you** that your family has built up over many years. Maybe they see you as "a shy person". The worst part about this is, the impression they've built up is like an elastic band. There's no way to gradually make them see you as a more and more confident person. It will just snap back to "shy guy/girl".

The "**Pattern Interrupt**" technique that I mentioned above in my shyness book is the simplest way to solve this problem, but since it's not out yet, I'll give you a different solution...

**Get away for a bit.** If you're leaving for college or moving to a new, faraway job soon, that would be the best solution.

If they only start to see you occasionally, instead of every day, they will have to **reevaluate and change their initial impression of you**. They expect
you to change if they haven't seen you for a while. There's also a second bonus to getting away.

**People Have Expectations They Expect You To Live Up To**

People generally behave as others expect them to behave. If your friends know you are shy, they won't like it if you are suddenly loud. That's not because they don't want you to stop being shy, but it just seems weird. An outgoing, funny guy who is well-known will have every one's attention as soon as he enters a room. That's because everybody expects him to be outgoing and funny, and he plays into that expectation.

But in a different place, where no one has any expectations of what kind of person you are, you can *pretend* to be confident and change a lot more rapidly.

**Imagine travelling to a new city.** You could hop onto an airplane, and in a few hours, you're in a totally different place. You could be whoever you want to be in that place. That's the feeling "getting away" gives you.

**It's like an instant shyness cure.**

**Summary**

In this article, here's what you've read:

- There are many reasons for you to feel like your family is holding you back from changing.
- What it all comes down to is you caring what they think. You can start caring less by building interests outside of your home and eventually, by having a social life.
- They may notice if you start changing. Usually it's expected for a shy person to take some time to "break out of your shell".
- They know you're shy, and expect you to continue being the same person. One way to get around this is to get away from your family for
a bit. Move away, and only see them occasionally. Maybe it's college or a new job.

- Getting away from your family for a bit will give you the opportunity to meet people who don't know you're shy and you can "pretend" to be confident. This is the fastest way to change.
How To Walk Past People Without Freaking Out

You're taking an innocent walk in the park. It's a beautiful day. You're really enjoying yourself.

Suddenly, you see someone coming towards you on the sidewalk. You start to freak out inside. Immediately you get this sudden urge to cross the street or turn back, but they've already seen you. It would look weird.

It's a guy and he's getting closer. You go into complete anxiety mode. Your heart starts racing, your stomach is turning over, and you feel clumsy and awkward. You start to analyze every little thing you do, right down to how you walk and where you should look. You wonder what's the "normal" thing to do?

Why Do Shy People Feel This Way?

Be honest, what's the worst thing that could happen to you if you walked past someone the wrong way? Even if you stared at them a little too long or you walked strangely or whatever. You still wouldn't get hurt or be affected in any long-term way in most places in today's society.

So where do the anxious feelings come from? Why do you get them when you see a total stranger coming towards you?

It comes down to how humans evolved. In our years of evolution, showing outward defiance (direct eye contact) to someone of higher status than you could get you hurt, killed or kicked out of the tribe. It was in your best interest to worry about how you passed the dominant male leader of the tribe so that he wouldn't accidentally mistake you for competition. So the anxiety is a "leftover" feeling from those days.
Shyness Or Survival Instinct?

The feeling comes from a place of "survival", more than it comes from "shyness". **Even non-shy people get the feeling.** Imagine a normally confident, regular middle-aged man walking down a deserted street. Suddenly he sees a group of gang members walking towards him. He doesn't want to give the gang members a reason to attack him, but at the same time, he also doesn't want to look like he would be an easy target for a mugging. He starts to go through the same anxiety you do. Heart racing, stomach flops, analyzing everything he's doing.

The same feeling comes when almost anyone **walks by a person they find attractive.** You immediately think the attractive person is higher status than you are, because of their looks, and you get nervous. But instead of trying not to piss a high status person off, in this case you're trying to impress them. Which leads to analyzing and awkwardness because of your shyness.

The big difference in **shy people** is that they **feel almost everyone is higher status than them.** That's why you get the anxious feeling when you pass ordinary, harmless people. That's the cause of your problem. Need more proof?

**What Happens When You Pass An Old Person On The Street?**

Do you ever feel more comfortable passing old people than people your own age or younger?

It's not that they're friendlier. The truth is, you **perceive old people in general to be lower social status than yourself** (even if they are a lot more outgoing and social). You do this because they can't usually fight or dominate. Several thousand years ago, it was very unlikely that an old person was an important leader that you were afraid of offending.

I realize some of this sounds kind of like pseudo-logic, but you have to understand that the human species has been evolving for millions of years. It
was only in the last few hundred that modern society was formed. A lot of the stuff people do, they do because it's been built-in to us over ages. And we usually don't realize to what extent these built-in responses govern our actions.

**So What Should You Do When Walking By A Stranger?**

I could tell you how long to hold eye contact, where to look and how you should walk when approaching someone to make the best impression, instead I'll say: IT DOESN'T REALLY MATTER! There is no "normal" way to walk past someone.

I'm going to tell you the truth here, and the truth is that no one notices how you act when they walk by. It's not that they don't see you. They see, but they don't care. No normal person thinks about it afterwards or gives it a second thought. Even if you do something really weird as you walk by, they will forget about it in 30 seconds. Why? Because it doesn't affect them.

**A Couple Tips**

First, try not to look down at the ground as you pass people. It doesn't matter to the person that's passing by, but it should matter to you. Looking down broadcasts that you're shy and unconfident through your body language. Look up and get used to doing it. Break the habit. After a while it won't be so hard.

Second, pretend you're the other person, and you're walking towards yourself. This will give you a new perspective, and you'll see that by feeling nervous you're just making yourself look worse. You need to relax and then simply think about something else. Take the person walking towards you out of your mind completely. The less you think the less you'll feel anxious.

**Summary**

Here's what's been covered in this article:
• The anxious feelings you get when you walk by someone comes from thousands of years of evolution. **It's more about "survival" than "shyness".**

• **Everyone gets this type of anxiety sometimes.** Shy people get it all of the time because they believe almost everyone is higher status than them.

• It doesn't really matter what you do, because **the other person either won't notice or won't care.** They'll be too busy worrying about themselves and their own issues.

The next time you're walking down the street, and you see someone coming at you, you'll still get the feeling. But something will be different. Now that you know where it comes from and that it is perfectly normal, **the feeling will "lose its edge".** You'll realize the other person is judging you even less than you're judging them, which is zero. And you will feel like you've been given a new perspective on shyness.

Don't believe me? Go outside and try it.
6 Body Language Mistakes Shy People Make That Force Other People To Think You’re Shy…Without Even Talking To You!

As with anything you do, your body language should be **fluid and natural**. Right now you probably have some very insecure habits when it comes to body language. Most shy people do.

They just **don’t get it**.

In most situations, your body language should be used to make other people think you are a **confident, sociable person**. First you have to be aware of what you are **now doing wrong** to be able to fix it.

After you start to see what you're doing wrong, you'll have to **consciously** fix it. But after a while, it becomes habit and confident body language will become natural to you. You want to get to the point where you **don't even have to think** about it anymore.

1. **Darting eyes**

   Being insecure makes you want to "watch out" for anything that is going on around you. Your eyes constantly dart everywhere, and you **probably don't even realize it**, unless someone videotapes you.

   The opposite of this is **strong, relaxed eye contact**. No matter what you believe, **people DO make eye contact**. Even with complete strangers. It only makes you uncomfortable, not the other person.

2. **Fidgeting**

   This is the main thing shy people do when they're really nervous.

   First of all, you have to **realize when you are doing it, and stop**. Plant your feet in one spot, relax your arms at your sides, and take your hands off of your
face. You have to learn to relax in social situations. The best way to do this is to act like you are already relaxed on the outside.

3. Stumbling over words

Social people let words FLOW out of their mouth. They never go back to a word they mispronounced and repeat it.

The real problem here is that social pressure gets to your head, and makes you talk differently. I'm sure there are some people who you have no problem talking smoothly to. To fix the problem of stumbling over words, you have to increase your tolerance to being in social situations.

4. Tentative gestures

Most shy people have a very limited range of expression. This goes for their voice and their body language. They aren't confident enough to make broad, sweeping gestures, dance, or have a wide range of tonality in their voice.

One quick tip I can give you is practice. Practice making gestures in the mirror. See how tentative gestures make you look shy, and how BIG gestures make you look like a regular person.

5. Nervous habits

You can't fake body language. What you think on the inside will broadcast on the outside. There are a whole lot of insecure habits shy people have that affect their outer confidence.

6. Staring at the floor

Whatever you do, don't look down. A lot of shy people get into the habit of looking at the ground. They "watch out" for obstacles in their way. Try not looking down for a day. At first you may be scared of tripping, but soon you'll get used to it. It's all about breaking the habit. Keep your chin up, ALWAYS, and your posture straight but relaxed.
One thing you'll find, is that by acting confident on the outside, you'll soon start feeling more confident on the inside, all the time.

And isn't that fun?
How To Trick Yourself Into Thinking You’re Good-Looking, So That Everything You Do Shows Effortless Confidence

Which of the following two types of shy person are you?

1. **Unattractive.** You don't think anyone could possibly be physically attracted to you, and that further lowers your self esteem.

2. **Attractive.** Almost everyone of the opposite sex think you are good-looking, looks you over, and comments on how hot/cute you are behind your back.

**Are You Unattractive Or Attractive?**

If you think you are unattractive and shy, do you ever think that being good looking would help you? Not that it would make you outgoing, but that it might give you more self-confidence, seeing that people find you attractive, and that would lead to you being less anxious about what other people think of you?

If you think you are attractive and shy, do you ever wonder if you are missing a piece of the puzzle? Like you should be able to be confident and outgoing, but something you can't see inside you is holding you back? (And if you see your reflection by accident while in a social situation you may get a boost of self confidence. It's like you "forget" you're good looking.)

I'll be honest, I would probably put myself in category #2. I'm considered good-looking by a fairly large percentage of the women I meet.

But if you are in either of these categories, then this article will probably be an eye-opener for you.

**First of all, if you immediately put yourself into one of the two categories, you already have a misunderstanding of how people judge looks.**
Problem 1: There Aren't Two Types

To call yourself or anybody "attractive" or "unattractive", is a generalization. Nobody actually fits into one of the two categories above.

However, you can judge good looks on a scale, or by comparison.

That's why some guys attribute numbers to women based on how good-looking they think the woman is. They may say "She's an 8" or "She's a 10". The higher the number, the better.

You could also make a comparison like, "Sarah's hotter than Ashley."

The main point is, if someone is seen as being good-looking, it usually has more to do with the person looking at them, then their own looks.

Some other guy may believe that Ashley is actually hotter than Sarah, or the 8 is a 6, or something else. And they would be right.

Although some people may fit into a general area on the "Attractiveness Scale", high or middle or low, nobody has a definite position. Different people find different people good-looking. And as you will soon find out, good looks are not the be-all end-all of attractiveness.

Problem 2: Good Looks Vs. Attractiveness

Someone who is good looking isn't necessarily attractive. Do good looks help? Sure, good looks can lead to attractiveness, but so can many other things.

First you have to understand what attractiveness is. You have to understand why people are attracted to good-looking people and what makes someone good-looking. Haven't you ever been curious about these things?

Attractiveness comes from good feelings. Good looks are attractive because looking at someone who is good-looking gives us good feelings.
That's basically what causes attraction: how a person makes another person feel. The good part about this is, **feelings can come from many things, not just looks.** (But I won't pretend looks aren't a bigger factor for a girl's attractiveness. They are.)

**How To Be Attractive Without Being Good-Looking**

People like to be around people who are **positive.** Feelings are infectious, and being around **someone who is happy makes us feel happy.** You can show positivity through your **body language, inner "state"**(more on this in later articles), and by **smiling more.** There are even techniques you can use to make yourself feel positive emotions instead of negative ones almost automatically, which I won't reveal here. But you can't pretend to be happy, it will show through.

And don't take that smiling tip lightly. Most popular people, including celebrities, smile a lot. A common occurrence in people who are shy or antisocial is to **barely ever smile.** You have to consciously force yourself to smile more at the beginning. Practice in front of a mirror. Get any obviously messed up **teeth fixed** (a problem I had for many years), if that's stopping you from smiling.

We also like people who are **funny.** And I know it's hard to believe, but it **IS possible to learn how to be funny.** But it has to be the right type of funny, **not jokes only you find funny, or worse, sarcasm.**

**The Real Problem**

I gave you some good basic tips in the last two paragraphs, but reading them and actually doing them is a totally different story. I know how you feel. **It is hard to change your personality,** if you don't know exactly what to do. "Be more funny and people will like you" is hardly any advice at all.

Also, the truth is that **becoming more good looking** would probably **not make you happier or more social.** Walk into a plastic surgeon's clinic, and
you will find many people, who solved their "problem", but have not fixed their inner insecurities.

Although from the outside other people may see them as being more good looking than before, from the person's perspective, nothing has changed. They still have the same low self-esteem and anxiety. They have become good-looking, but not attractive.

Fortunately, I'm working on a book to fix the inner problems first, so you can become more attractive and self confident no matter how ugly or good looking you think you are. It's not ready yet, but feel free to browse the other articles on this website for now.

**Final Wrap-Up**

Here are the main points I've covered in this article:

- **Different people find different people good-looking**, and at different levels. There are only gray zones, so it is stupid to put yourself into an "attractive" or "unattractive" category.

- **Good looks do not equal attractiveness.** They can help, but attractiveness comes from giving someone good feelings. Looking at someone who is good-looking makes you feel good, which makes you think they're attractive.

- **You can become attractive by giving other people good feelings.** Positivity, being funny, and an outgoing personality can all cause these feelings.
How To Make Other People...Even Popular Ones...See You As Their Social Equal And Make Them Never Brush You Off Again

Do you ever feel like some people you try to talk to automatically brush you off? They don't let you talk, and don't really listen to what you have to say?

And then you see these same people giving their full attention to other people, who are seen as being popular.

Doesn't that just piss you off? I remember that used to happen to me all of the time. It seemed like everybody cared about themselves and other social people, but nobody seemed to care what I had to say, even if I tried to be more outgoing. Even if what I said was funny or interesting.

Why Does This Happen?

To understand why this happens, you have to first understand one basic but VERY important idea: Social Value. (I wrote a whole post explaining social value here.)

Here's the basic overview: In every interaction between two people, one person is higher status. He or she may be better-connected socially, more dominant, a better leader, or just more popular with everyone. For girls, good looks also are a factor.

So one person is always "cooler". The person who is lower status usually ends up "trying harder" to get the high status person's approval. Even you do this.

Are you ever much more energetic or do you try harder than usual to come up with something interesting to say when you're talking to someone popular and well-known?
You Try Harder To Get Them To Like You

And I bet you're much more laid back and "natural", much less shy, when you're talking to someone most people think is a loser?

I know it sucks when you are on the lower end of this "social value scale", but it's very important to see how this works. And to understand that everybody does this unconsciously. They don't know they are doing it. You probably didn't even realize you were doing the thing you hate to othe people until now.

But here's a warning: now that you understand that people pay more attention to people of higher status, and almost ignore people who are lower status, YOU'RE GOING TO SEE THIS HAPPENING EVERYWHERE.

Don't say I didn't warn you.

Why Do You (And Everyone Else) Do This?

People are selfish. I'm not going to try to convince you of this here, but it's true. Whatever people do, they do to please themselves.

It's an idea I came across in advertising books. Almost all of the best advertisements in history succeeded because they were aimed at solving a problem someone had.

They didn't say "Buy This Product Now!", instead they said "Do You Have This Problem?" and then led the prospect to see the advertiser's product as being the solution to the problem.

You are selfish by nature. Even people who donate to charity do it because of the feeling donating gives them. That feeling is worth more to them than the money they give, so it's a good deal.

Everyone's Climbing The Ladder

Because you're selfish, you are always trying to better your current situation and climb higher up the social ladder.
You do this by **befriending people who are above you on it**. People below you won't make a difference or they may even lower your social value.

That's why many people don't care about their interactions with shy people, but place so much importance when they're talking to someone popular. They **want to go up, not down**, and shy people are naturally low status.

It's a function built into humans to be able to survive. We don't need it as much today as we did in our caveman days.

**How Do You Reverse It?**

If you want to make people care about you, you have to **make them believe** you are **higher social status** than they are.

This has nothing to do with showing off or being loud. It has nothing to do with how many friends you have, or how interesting you are.

I'll give you a hint: It's all about your personality. And your personality is NOT "who you are", it's **what you do**. It's your habits and behaviors.

**Your behaviors need to shift from neediness to indifference.**

I'm **working on a book** right now that **explains exactly** how do that, and how to transform yourself from a low status person to high status. I don't want to spoil the surprise in this one article. ;)

**The Summary:**

So what can you learn from what I've taught you above?

- In every human interaction, there is always a person who has **higher social status**.
- It is natural for the **lower status person to "try harder"** to become the high status person's friend.
- The higher status person usually doesn't **give much attention** to the lower status one, because it doesn't give him/her any benefit. (Actually,
this is a self-fulfilling prophecy: the not caring makes the person seem high status.

- In order to make people care, you have to know **what habits and behaviors** make people think **you are low status**, and reverse them. These habits are very closely related to shyness and social phobia.

The good news for you is, this website is all about **the habits and behaviors of shy people**, and how to change them.
Why Shy People Are Afraid Of Wearing Cool Or Stylish Clothes...And How To Overcome This Barrier

When an elephant is young and weak, an animal trainer ties its leg to a short wooden stake in the ground.

In the beginning, the young elephant tries to escape. It struggles against the rope that holds it in place. For several days, the rope keeps rubbing the same spot on the elephant's leg. The rope finally wears through the elephant's tough outer skin, and cuts into the elephant's soft pink flesh. The pain is excruciating. It's the worst thing the animal has ever felt.

The elephant soon learns that pulling and struggling against the rope will only bring him pain, so he doesn't struggle anymore.

The elephant grows to be a 12,000 pound monster-sized animal. It could physically crush the animal trainer like a small bug. But it doesn't.

The animal trainer still keeps it tied up. To the same short wooden stake. If the elephant tried, it could snap the wooden stake in half by simply shifting its weight. But it doesn't. It doesn't think it can break free of the stake because of the early experiences it had trying to break free. It thinks the outcome will be pain, instead of freedom.

Elephants are really not that different from shy people in this way.

Do You Avoid Wearing Nicer Looking Clothes Because You Worry About What Other People Will Think Of You?

Some shy people have this problem: You may tend to wear the most plain looking clothes, even stupid looking clothes. You feel ashamed, anxious and shy to wear clothes that you have been said to look good in.
Basically, you run away from positive attention as much as from negative attention. But then you also regret it when people of the opposite sex ignore you when you dress like a loser. Or when other people look at you skeptically, probably mocking your dress sense.

**Why Do You Do This?**

It all comes down to social value or status, and what you believe your social value is. It's where you think you "fit" in the social ladder.

See, you have an identity in your mind that you have developed over time and become attached to. That identity is based on what you think other people think of you. **Acting outside of that identity is hard to do.** It's the main reason why shy people feel "held back" from expressing themselves fully.

If you think other people think you're a loser when you wear stupid clothes, then wearing cool clothes will make you feel like a fraud. It won't feel natural, for a reason that goes back to the days people lived in caves.

Acting outside of the identity you have of yourself activates the same part of the brain that physical pain does. This is a survival mechanism. Back when humans just needed to survive, it wasn't a good idea for everyone to be high social value. There had to be a few key leaders to keep tribes running smoothly, and they needed to be securely in power. **It wouldn't do the whole tribe any good if every week some new guy came along and thought he could be the leader.**

Going back to the elephant example, it wouldn't help the animal trainers if the elephant suddenly realized that he was able to overpower them and break free.

If you are shy, then you tend to act based on what you've been conditioned to do in the past, not what you are actually capable of. You are afraid to act too confident or dress clothes that look too good because of invisible constraints you put on yourself from the past.
You are not who you think you are. You are not who other people think you are. **You are who you think other people think you are.**

**How Does This Work?**

Imagine a popular, macho guy. It makes sense to think he would be **uncomfortable** walking down the street in clothes that weren't cool, like a pink dress.

But many people are confused that the **same applies for people who try to dress above their status.** Like if an unpopular guy suddenly got an attractive shirt that made him stand out. He's been conditioned that he has low social value, so the shirt makes him feel like he's going against what other people really think of him.

**How Can I Get Rid Of This Feeling?**

The good news is, you aren't an elephant and you aren't a caveman. (I hope) It is possible to get rid of your insecurity over time, simply because **you are aware of it now.**

The bad news is that there's no "magic button". I can't make you suddenly feel comfortable wearing cool clothes. The only way to do it is to **change how you think about social interaction at a fundamental level.** The only way to make yourself comfortable is to change your identity. Then the clothes will feel "right", and uncool clothes will make you uncomfortable.

You have to change what **you think** other people think of you. Now, I know you can't change what other people think of you. You can't control their thoughts. But you can change what **you think** they think.

This is related to building self-confidence, which I'll write more about in the future. At first you may think you're fooling yourself, then slowly you will find yourself actually becoming a cool person for real.
Won't People Notice If I Change?

Maybe some of your close friends will, but they'll get used to it.

The process of wearing cooler clothes actually runs counter intuitive to much of the advice I give. The key is to switch completely, not gradually. Decide on a date when you won't wear any of your old clothes, then buy cool clothes to last you for at least a week. Then get rid of most of your old clothes.

Don't think you can do that? That's your identity talking. Don't worry. I'm working on more posts, so check back to this blog often. I'm also working on a book aimed to completely change you from a shy person to an outgoing person.

The Big Picture

- Your feelings come from how you think other people perceive you. The key is to change your thoughts, not other people's.
- A guy or girl who thinks they are low status won't want to go against this identity they have decided on. Going against it activates the same part of the brain that physical pain does. It's a survival mechanism.
- The only cure is to change how you think other people perceive you.
Cold Hands - Why Do Shy People Have Them? (And How To Get Rid Of Them…)

Has anybody ever asked you: "Why are your hands so cold all the time?"

If you're shy and your hands are cold a lot, then this web page will probably be very important to you.

What's This All About?

A few months ago, I was painfully shy. At the same time, my hands were always cold, damp and clammy, sometimes even on hot summer days!

Fortunately, in my search to overcome my shyness, I "accidentally" stumbled on a simple trick that gets rid of cold hands for good. (And you don't even have to overcome your shyness to do it.)

Why Would I Want To Get Rid Of Cold Hands?

This is probably self-explanatory, but I'll list some of the benefits:

- You'll be more confident touching other people.
- Less nervousness. (Having cold hands is indirectly caused by being habitually nervous, and usually this turns into a vicious cycle.)
- No more embarrassment about your cold hands.
- Also, the trick I'm going to show you makes you sound more confident when talking, as an added benefit. :)

Shallow Breathing - The Secret Cause of Cold Hands

The reason why so many shy people constantly have cold hands is hidden in how they breathe.

Let me explain. Social people are usually relaxed, while shy people are almost always nervous and on edge, even in relaxed situations. At an early age, they develop the habit of being nervous. This nervousness affects how they breathe.
In every mammal, there's an automatic response when they're nervous. They start breathing faster, and shallower. This is called **Shallow Breathing** by scientists.

It started when we had to watch out for predators in our caves and jungles, in order to survive. This can be useful in emergency situations to heighten alertness, but usually you do not want to be breathing in a shallow way.

Why? Because shallow breathing doesn't let in enough oxygen to recharge blood cells completely. This means your body's ability to circulate blood is severely cut down.

That's why your forearms may be warm, but your hands, especially your fingertips, are always cold. Your blood doesn't have enough oxygen in it to go that far. It doesn't have enough oxygen because you are breathing in a shallow way. You are breathing shallowly because you are constantly nervous. And you are constantly nervous because you are shy.

So it can all be traced back to shyness ... but how can you make your hands warmer without becoming socially successful overnight?

**Diaphramatic Breathing - The Cure**

Diaphramatic Breathing is the opposite of Shallow Breathing. When babies are born, this is how they breathe. Shy people, for some reason, forget how to breath like this as they are growing up.

I'm going to write a future article on Diaphramatic Breathing because it's so important in many different ways, but here's the best page on the internet I've found: [http://www.anxietypanic.com/breathing.html](http://www.anxietypanic.com/breathing.html)

**Here's Diaphramatic Breathing in a nutshell:**

- When you breathe, you shouldn’t feel your chest and shoulders rising and falling. This is bad -it’s shallow breathing!
- You chest and shoulders should barely move. **The area around your belly button** should be moving up and down as you're breathing.
- **Breathe through your nose.** This may feel uncomfortable at first, like you can't get enough air, or like one of your nostrils is clogged, but you'll get used to it. Breathe out through your nose as well.
- Take long, slow, deep breaths.

**When Should I Use Diaphramatic Breathing?**

This is the type of breathing you should ALWAYS use in everyday situations when you are talking to people.

In sports or dancing or other activities, people may tell you to breathe differently. That's okay, just remember, there are different types of breathing for different situations.

**What Else Causes Cold Hands?**

I made the mistake of trying Diaphramatic Breathing for a few days, or only doing it when I noticed my hands were cold, and guess what?

**My hands were still cold. A lot of the time.**

The truth is, diaphramatic breathing does take a couple weeks to get used to. And several more weeks to turn it into a habit. That's when you really start to notice the results, when you start doing it without thinking, **ALL THE TIME.**

If it doesn't work, there may be other causes.

**For example, you may actually be cold!** If you're actually shivering, put on some more layers, for god's sake!

There are also some people who have medical issues that could cause them to have cold hands, but this is rare.
Before you rush to your doctor, first correct your shallow breathing, then look for other solutions if that doesn't help. Chances are, you're perfectly normal. Shallow breathing is very common.

**Some Extra Tips**

There are some things you can do right away, as "quick fixes" while you're working on your breathing habits.

If you're going to a fancy party, meeting or interview, carry a handkerchief in your pocket. You can dry your hands on it before you shake someone's hand. Your hands will probably still be cold, but it won't be damp and sweaty. Cold Sweat. Yuck.

The second thing you could do, in order to warm up your hands, is keep them in a warm place, like in your pockets. You could also rub them together to generate heat.

The last thing you could do is imagine you're in a hot place. I'm not kidding. This is a technique called Visualization, and it's been proven to increase someone's body heat by a few degrees. You have to close your eyes and just feel the heat beating down on you. This actually does work, but it's usually too much trouble and not really worth it. Better to make your hands warm themselves automatically by changing your breathing habits.

**Closing Thoughts**

This is a quick summary of what I covered above:

- Cold hands are caused by a lack of oxygen, caused by shallow breathing, caused by nervousness, caused by shyness.
- The solution is **Diaphramatic Breathing**: You should feel your belly rising and falling when you breathe, not your chest and shoulders. Breathe through your nose, not your mouth. Take long, slow, deep breaths.
- You have to get to the point where Diaphragmatic Breathing is a habit if you want to start seeing some good results.
- Cold Hands "Quick Fixes":
  1. Carry an handkerchief.
  2. Keep your hands in a warm place, or rub them together.
  3. Visualize yourself in a warm place.

Good luck. If you start doing Diaphragmatic Breathing, it could very well get rid of your cold hands problem, increase your confidence and change your life.

What have you got to lose by trying?
The 1 Huge Mistake Shy People Make When Using Sarcasm

Do you find yourself using sarcasm ALL THE TIME because you're shy?

There's a right way to use sarcasm that makes other people think you're funny. There's also a wrong way that makes people see you as an antisocial loser from a mile away. What's worse is that both ways look very similar on the surface. Most shy people accidentally use sarcasm the wrong way.

Do you want to know what the difference is between the right way and the wrong way?

The Wrong Way:

**Bob:** "Where can I find a knife?"

**You:** "Make sure you don't look in the knife drawer. We obviously don't keep knives in there."

The Right Way

**Bob:** "Where can I find a knife?"

**You:** "In the knife drawer."

The right way to use sarcasm is to not use it at all. Bob was just asking a straightforward question. Most people would answer it in a straightforward way. Shy people have the urge to use sarcasm for several reasons.

Why Do Shy People Use Sarcasm?

It's a way to hide your true feelings. You have trouble coming up with something REAL to say, so you resort to sarcasm as a way to talk.
Using sarcasm is also the easiest way to give other people the impression of self confidence. It helps break the ice when you meet someone new.

Unfortunately, sarcasm gets annoying really fast. When I talk to other shy people from the perspective of an outgoing person, it can be frustrating. I might be just asking general questions, and I keep getting sarcastic replies, like the other person doesn’t know how to make normal everyday conversation.

That’s why you should learn to use sarcasm the right way. People will get annoyed at you, but you’ll just keep saying sarcastic things. Soon nobody will be too enthusiastic to talk to you.

How Can I Stop Using Sarcasm?

First, learn how to make small talk and carry on a conversation. I’ll be making more posts on this in the future and may even write a small ebook on it soon. Keep checking back to this website for more tips.

The reason why you have to learn how to make small talk is because you need to have something to say. The main reason why you use sarcasm so much is because you have nothing else of substance to tell the other person. Sarcasm is a crutch that helps you actually say something once in a while.

By learning basic conversational skills you replace sarcasm with better habits.

Give Straightforward Replies

If someone asks you a question, even if the answer is stupidly simple and obvious, don’t use sarcasm. Just answer their question. If you follow through with the tip I gave you above, and learn some conversational skills, you won’t need sarcasm to say something or express yourself anymore.

Example of the Right Way: (from above)

Bob: "Where can I find a knife?"
You: "In the knife drawer."

See how easy it is?

What Else Will I Talk About?

Many shy people are scared to stop using sarcasm because they're afraid that without it, they'll stop talking completely. This isn't true. Think of all the outgoing people you've seen. Most of them almost never use sarcasm, yet they still talk and connect with people.

The reason why you're scared is because the main way you talk to people is by answering their questions. Outside of that, you don't know what you're supposed to talk about. By using these windows of opportunity when people ask you something to be sarcastic, you might get a quick laugh and feel more social for a minute.

But if you don't talk to someone outside of answering their questions sarcastically, no real friendship or relationship is possible.

Won't I Lose My Personality?

Sarcasm isn't part of your personality. Sarcasm is a habit you've developed over time.

It's a habit you should try to get rid of because of all the reasons I told you above. Sarcasm may be a short-term solution if you want to feel less antisocial, but it won't make you less antisocial. All it does is give you a small, bitter type of feeling that you aren't that shy, that lasts for about 20 seconds.

The only way to become less shy is to learn how to talk to people. To do this you're going to have to give up the old habits you developed being shy. That includes sarcasm.

And one more thing. You don't have to be sarcastic to be funny. The main thing to remember is that sarcasm is funny to most people only for the
first one or two times. Then it gets boring to talk to you. Believe me, there are many, many ways to be funny without using sarcasm.

**Aren't Some Outgoing People Sarcastic?**

Yes, there are plenty of people who aren't shy and are sarcastic. Does this mean sarcasm isn't related to shyness?

The answer lies in **when** outgoing people use shyness compared to **when** shy people do. An outgoing person can talk normally and be sarcastic and people will find him or her funny.

When a shy person uses sarcasm, it is only **after someone has asked them a question**. That's the key point.

If you want to overcome shyness, you have to learn how to carry on a real conversation, without using automated sarcastic replies to questions all the time. I know the idea makes you a little nervous inside because sarcasm is a comfort mechanism for many shy people.

**Sarcasm For Shy People: Step-By-Step**

Here's a **quick run-down** of the guide to sarcasm for shy people:

1. Sarcasm is what shy people do when they **don't have anything REAL to say**. If you really want to overcome shyness, you have to give up being sarcastic.
2. **Replace sarcasm** by learning conversation skills and small talk.
3. Give **straightforward replies** to straightforward questions. Avoid sarcasm at all costs.

By now you realize you don't need sarcasm. If you want to get over being shy, it's something you're going to have to give up.

**Try this:** the next time you're tempted to give someone a sarcastic reply, try giving them a straightforward answer. See how it goes. What have you got to lose?
I hope you’ve gotten as much out of reading this book as I have writing it. Remember that it’s meant to be used as a handbook, not read cover to cover.

Whenever you have some problem related to shyness, whether it’s eye contact, body language, meeting new people or something else, make sure to look back through the table of contents and find the section dealing with how to solve your problem.

I’m going to be adding new tips and ideas to this book all the time. As part of your purchase, you get free lifetime updates. I’ll email you whenever I make any new changes to the book.

Don’t forget that your results from this book completely depend on your ability to put the stuff I’ve taught you into real-world action. Only through practice will you get over shyness.

Goodbye for now,

Sean Cooper