

SOCIAL ANXIETY SURVIVOR

step by step plan for overcoming social anxiety

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Natural Approach To Overcoming Social Anxiety Disorder

Is Any Of This Familiar To You?

- Do you ever feel like you don't know how to act or what to say in social situations?
- Are you sometimes afraid of being negatively evaluated by other people?
- Do you ever think that other people will see you as inadequate, inferior, weak, or stupid?
- Do you think you'll be humiliated or rejected if you do something stupid or embarrassing?
- Do you find meeting new people and starting conversations stressful?
- Does socializing at parties and other meetings make you anxious?
- Does eating or speaking in front of

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Success Stories



"This course has really helped me with my social anxiety. I must thank you for being here for me. I think

enrolling in this course has been one of the best things I have done in my life. Before I found this site I was afraid to talk to other people. I was afraid and anxious every time I had to deal with my coworkers and other people that I didn't know well.

The strategies that I learned in this course have helped me overcome my social anxiety. I'm no longer anxious when I have to go to work and when I'm there I can talk with my coworkers without that little voice in my head that used to hold me back.

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