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How to Overcome Your Shyness

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By Miya Jones



I have always been timid and it has always been something that is hard to get past.

In middle school, I would be afraid to walk across a crowded room out of fear of being stared at, but as I got older I started to realize that it's a hindrance I need to get over.

I've learned to come out of my shell a little more each day. You don't have to be the prom queen or king of your environment, but whatever you want to be in life, it helps to be social. Getting over your shyness does not happen overnight, but here are some ways that you can blossom out into the world and overcome your shyness.

1. Get to know yourself

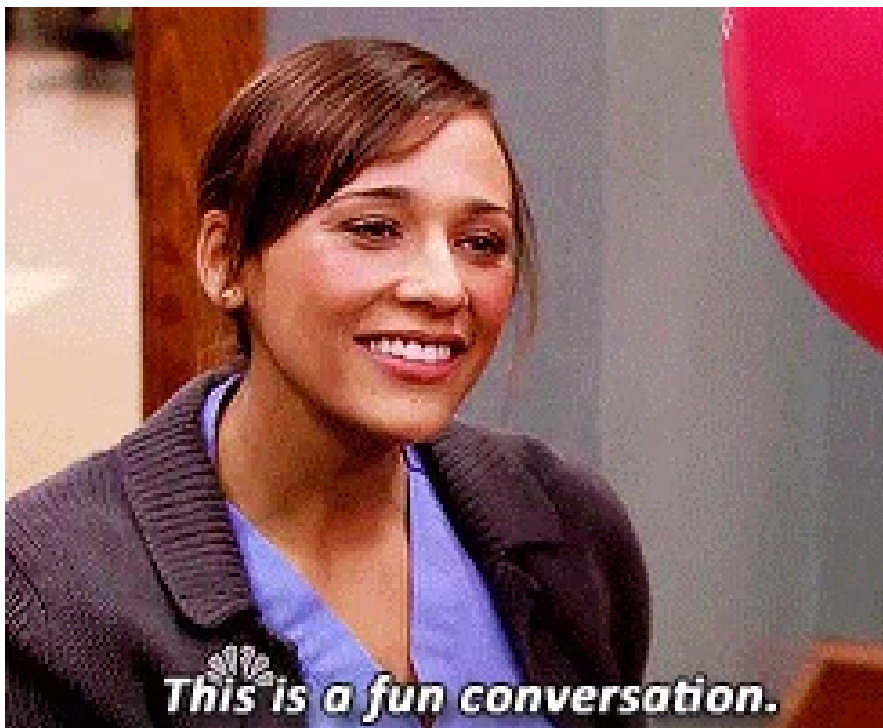
The older I get, the more I get to know myself. I know what I do and do not like. I've learned how to make myself feel better and to not put so much emphasis on what other people think. When you figure out more about yourself, it makes it easier for you to be comfortable in your own skin. When you're comfortable in your own skin the more confident you will be. Then you will be more likely to reach out to other people.



2. Set goals for yourself

Setting small goals is always a good way to achieve your ultimate goal. In this case, it's overcoming your shyness. You can set a goal to start a conversation to a least two new people each day. You can even spread it out to two people per week. It'll increase your confidence and talking to people will become second nature.

3. Make light conversation



For some reason, we tend to shy away from conversations in a social setting. Most of the time, or at least for me, it is for a dumb reason such as I'm too tired or I don't like the way a person looked at me. You have to learn to break that barrier. The easiest way to break the ice is to give someone a compliment. Who doesn't like to receive a compliment? It'll make you and the person your talking to feel good and is a good way to break that awkward barrier. You could even start by asking a question.

Taking at least one of these tips can be a good way to be a little less introverted.

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