

Title:

Build The Confidence To Approach Other People, Through The Power Of Compassion!

Word Count:

732

Summary:

Do you often feel uncomfortable in a social situation? Perhaps you're overly shy? Or your stom

Well the good news is that there are many techniques which you can use to help you overcome th

Keywords:

happiness, happy, compassion, confidence, anxiety

Article Body:

Do you often feel uncomfortable in a social situation? Perhaps you're overly shy? Or your stom

Well the good news is that there are many techniques which you can use to help you overcome th

1. Don't expect to get the confidence of Tony Robbins in one day. All changes happen in small

2. The best way to overcome a fear is to face it and succeed. What I'm presenting today is one

3. As always, if your social shyness or anxiety is causing difficulties in your life, please c

So, as promised, here's one of my favourite techniques for helping you feel more confident as

You will be tapping into one of the greatest powers you have within you. More powerful than al

That power is compassion.

In many of us though it lies asleep, a luxury we feel we can't afford just yet. Maybe something

Is that what you think?

Well, I think we're better served by looking at things from a different perspective. One that

So, how do we use compassion in this situation?

SEE THE OTHER PEOPLE AS BEING JUST LIKE YOU!

They are human. Somewhere within them they have fears too. Their fears may not be visible to y

We all desire human contact!

We all desire friendship!

We all desire to be loved!

So before approaching someone, remind yourself that they too may have difficulties making the

Why does this work? Simply because it takes the focus off you, and places it onto the other pe

Of course, don't approach them with these questions directly. It would not be appropriate in m

They're just like you. So there's no need to be afraid. They also want someone to talk to. Hel

You can let your shyness or anxiety be a source of fear within yourself, or you can let it bui

Lance Beggs

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>