

Title:

Solutions For Extreme Shyness

Word Count:

686

Summary:

Shyness can sometimes be a life destroying problem. If you are very shy, find out what kinds

Keywords:

shy, shyness, extreme shyness, very shy, painfully shy, overcome shyness, overcoming shyness,

Article Body:

Are you ever shy? Shyness is actually very common.

Most people experience some degree of shyness from time to time in certain situations. In fact,

Some people suffer from overwhelming shyness that is extreme. Such acute shyness is not only

The degree of shyness can vary a lot from person to person, and even in the same person it can

Some shy people are paralyzed with fear in small social gatherings, yet they may be able to sp

Various psychological therapies have been used to treat extreme shyness, but most of them have

In cognitive therapy, the patient is taught to notice the thoughts he is thinking while he is

Behavioral therapy aims to change the client's behavior using a program of positive reinforcement

Both cognitive therapy and behavior therapy focus on teaching the client to deal with situatio

In the past decade, researchers have discovered that some anti-depressant medications, particu

One of these SSRI drugs, Paxil, was the first to receive American F.D.A. approval as an effect

Does drug treatment for shyness really work? Some very socially anxious people who have tried

Does this mean you should consider taking a pill to make you more friendly? There are pros an

SSRI drugs may have serious long term effects on the brain which are not known yet.

Some medical doctors and psychologists are concerned that we are using powerful medications to

It can be very easy to find a doctor who will prescribe a pill for you to overcome your social

If you spend several months working with an experienced shyness therapist learning new ways of

This article is written by Royane Real, author of the new book ^How You Can Have All the Frien

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