

Social Anxiety

**Feel Relaxed, Comfortable
and Confident in All Social
Situations**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any social situation where you feel relaxed, confident and outgoing. See as many scenarios as you can.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more relaxed and confident in social situations. Write down any positive statements others make.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I enjoy people

I enjoy meeting strangers

I enjoy talking to strangers

I feel safe in public

I feel safe in social situations

I feel safe meeting new people

I feel safe in public places

I feel safe at the center of attention

I feel comfortable expressing myself

I feel comfortable meeting new people

I feel comfortable talking to strangers

I feel comfortable being out in public

I feel OK

I feel safe

I feel natural

I feel happy and outgoing when out in public

I feel safe wherever I go

I feel safe with myself

I feel safe with friends

I feel safe meeting people for the first time

I feel safe talking about myself

I feel comfortable talking about myself

I feel normal in public

I feel normal talking to people

I feel normal meeting new people

I feel relaxed in public

I feel relaxed in social situations

I feel relaxed meeting new people

I feel relaxed expressing myself

I feel relaxed talking about myself

You enjoy people

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