



## **Interpersonal Self-Help Techniques for The Social-Phobic Person**

1. Respond to anxiety symptoms by approach rather than withdrawal.
2. Greet people properly with eye contact.
3. Listen carefully to people and make a mental list of possible topics of conversation.
4. Show that you want to speak; initiate conversation (asking questions is easier, as it switches attention to the person expected to reply).
5. Speak up without mumbling.
6. Tolerate some silences.
7. Wait for cues from others in deciding where to sit, when to pick up a drink, and what to talk about.
8. Learn to tolerate criticism by introducing controversy deliberately at an appropriate point.