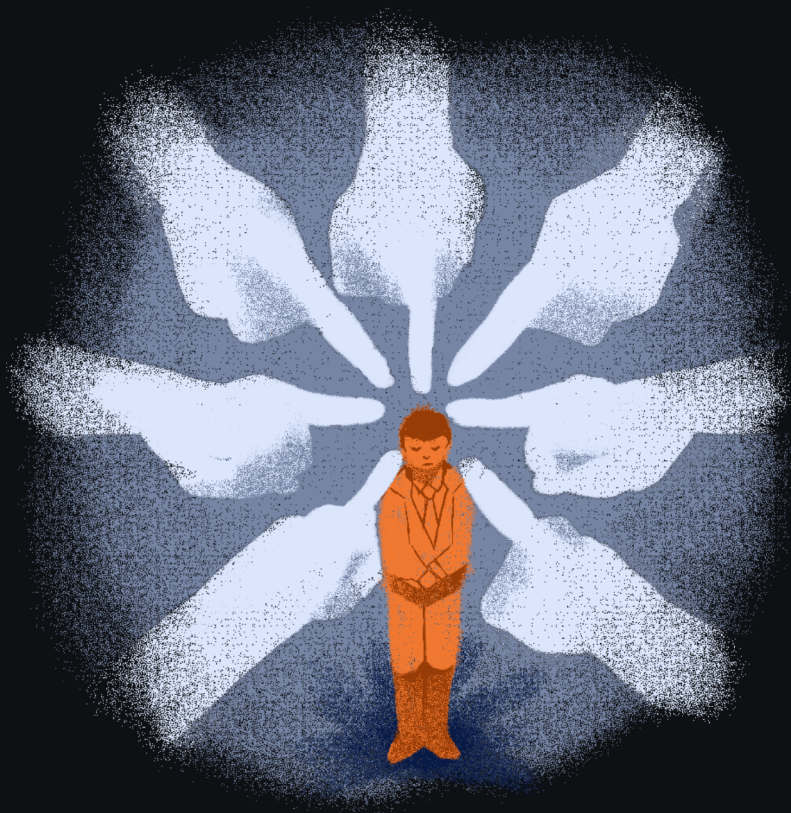


OVERCOMING SOCIAL ANXIETY



BY BARN

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Overcoming Social Anxiety

A Guide to Feel Calm and Confident Around People

Social anxiety is exhausting.

- You replay conversations.
- You worry about saying the wrong thing.
- You feel watched, judged, or exposed.
- You may even avoid events entirely.

But here's the truth:

Social anxiety is not a personality flaw, it is a learned nervous-system response.

And what is learned can be unlearned.

This guide will show you:

- why social anxiety happens
- how to calm your body quickly
- how to think less and connect more
- how to stop replaying conversations
- how to become comfortable around people again

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You don't need to become extroverted.

You just need to feel safe.

Why Social Anxiety Happens

Social anxiety is not primarily a thinking problem.

It is a body problem first.

When you enter a social situation, your nervous system may interpret:

- unfamiliar faces
- eye contact
- silence
- uncertainty

...as danger.

Your body responds with:

- adrenaline
- increased heart rate
- muscle tension
- hyper-awareness
- overthinking

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Then your mind tries to explain the sensations:

“They think I’m awkward.”

“I said something stupid.”

“I don’t belong here.”

But the anxiety came first.

The thoughts came after.

This is good news, because calming the body solves most of the problem.

The 90-Second Social Anxiety Reset

Before entering any social situation:

1. Inhale slowly for 4 seconds
2. Exhale slowly for 8 seconds
3. Relax shoulders and jaw
4. Say quietly:
5. “I don’t need to perform. I just need to be present.”

Do this for 90 seconds.

This lowers adrenaline and prevents spirals.

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The Biggest Mistake Socially Anxious People Make

Trying to **impress** instead of trying to **connect**.

What To Do Instead:

Connection actually happens when you:

- listen
- ask simple questions
- respond naturally
- stay curious

You don't need clever lines or stories.

Most people are just relieved to talk to someone kind. Who **listens**.

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The Simple Conversation Formula

Use this structure:

Observe → Ask → Reflect

Example:

“I saw you work in design.
What kind of projects
do you enjoy most?”

Then reflect:

“That sounds really creative.”

That’s enough.

You don’t need to **perform**.

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How to Stop Replaying Conversations

After social situations, your brain may replay everything.

Do this!

Say to yourself:

“The conversation is over.
Nothing needs fixing.”

Then redirect attention to a physical activity:

- walk
- shower
- make tea

The brain stops looping when attention shifts.

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Exposure Without Overwhelm

Build confidence gradually:

Week 1: small interactions (shops, short chats)

Week 2: small gatherings

Week 3: longer conversations

Confidence grows through repetition, not insight.

The Confidence Secret

Confidence is not “believing in yourself.”

Confidence is:

Being willing to feel slightly **uncomfortable**
without panicking.

And that is a skill **anyone** can build.

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Exposure Without Overwhelm

You don't need to become someone else.

You just need to feel safe **being yourself**.

Social anxiety fades when the nervous system learns:

People are not a threat.

And that learning happens one calm interaction at a time.

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