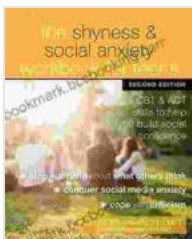


CBT and ACT Skills to Help You Build Social Confidence

Are you tired of feeling anxious and self-conscious in social situations? Do you avoid social events because you're afraid of being judged or embarrassed? If so, you're not alone. Social anxiety is a common problem that affects millions of people.

But there is hope. Cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) are two evidence-based therapies that can help you overcome social anxiety and build confidence in social situations.

In this article, we'll discuss how CBT and ACT can help you:



The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence by Jennifer Shannon

★★★★☆ 4.7 out of 5

Language : English
File size : 19405 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 179 pages



- Identify and challenge negative thoughts and beliefs about yourself and others

- Develop more positive and realistic thoughts about yourself and others
- Learn to relax and manage your anxiety
- Develop social skills and strategies for coping with social situations

CBT is a type of therapy that helps you identify and change negative thoughts and beliefs that are contributing to your social anxiety. CBT is based on the idea that our thoughts, feelings, and behaviors are all interconnected. If we have negative thoughts about ourselves or others, we're more likely to feel anxious and behave in ways that make our anxiety worse.

In CBT, you'll learn how to:

- Identify your negative thoughts and beliefs
- Challenge your negative thoughts and beliefs
- Develop more positive and realistic thoughts about yourself and others

ACT is a type of therapy that helps you accept your thoughts and feelings, even if they're negative. ACT is based on the idea that trying to fight or control our thoughts and feelings only makes them worse. Instead, ACT teaches you how to accept your thoughts and feelings, and to live your life according to your values.

In ACT, you'll learn how to:

- Accept your thoughts and feelings
- Defuse your thoughts and feelings

- Take action even when you're feeling anxious

CBT and ACT can help you build social confidence by:

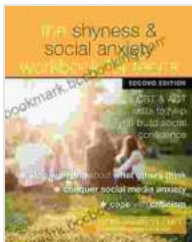
- Helping you identify and challenge negative thoughts and beliefs about yourself and others
- Developing more positive and realistic thoughts about yourself and others
- Learning to relax and manage your anxiety
- Developing social skills and strategies for coping with social situations

If you're struggling with social anxiety, CBT and ACT can help you overcome your fears and build confidence in social situations.

- **Challenge negative thoughts about yourself.** If you're thinking "I'm not good enough" or "I'm always going to be judged," CBT can help you challenge these thoughts and develop more positive self-talk.
- **Develop more positive thoughts about others.** If you're expecting others to reject you or criticize you, ACT can help you accept these thoughts and still take action.
- **Relax and manage your anxiety.** CBT and ACT can teach you relaxation techniques and coping mechanisms that can help you manage your anxiety in social situations.
- **Develop social skills and strategies for coping with social situations.** CBT and ACT can help you learn social skills, such as how to start conversations, maintain eye contact, and express yourself

assertively. They can also help you develop strategies for coping with social anxiety, such as deep breathing exercises and visualization.

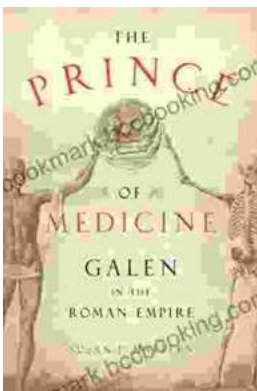
If you're ready to overcome your social anxiety and build confidence in social situations, CBT and ACT can help. Talk to your doctor or mental health professional to learn more about these therapies and how they can benefit you.



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