

# Reducing internal focus in social situations

- 1 Try to focus less on your body (physical symptoms) in social situations. Focus on what's around you and breathe slowly & deeply.
- 2 Remember that most people can't tell that you're anxious.
- 3 Anxiety is something that we all experience and it doesn't make you appear weird or unusual.
- 4 Just because you are anxious, it doesn't mean that you're performing badly.
- 5 Remember, you're not the focus of everyone's attention - there's always lots of other things for people to talk/think about.
- 6 Try to concentrate on the situation you're having at that moment (don't think about how you appear/how well you're doing).
- 7 Don't replay parts of the conversation in your head - focus on the present moment.
- 8 Silence is okay and doesn't need to be filled.
- 9 Just BE YOURSELF! It's impossible for everyone to like each other so don't put on a front.

Focusing on what is going on externally, rather than internally on the way you feel, can help you to feel less anxious in social situations. Try and focus on the present moment and what is happening around you. This takes practice but, over time, it gets easier and easier.

Be kind to yourself! We don't need to perform brilliantly in every social situation. NO ONE can ever achieve such high standards.