GILLIAN BUTLER

OVERCOMING SOCIAL ANXIETY AND SHYNESS

A self-help guide using Cognitive Behavioral Techniques

'Cognitive behavioral techniques are, in my opinion, the most effective form of psychological therapy for emotional disorders.'
Dr James Le Fanu, GP

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Overcoming Social Anxiety and Shyness is a self-help manual for this common problem, which explains why it happens and sets out practical methods of resolving it. Everyone sometimes feels foolish, embarrassed, judged or criticised, but this becomes a problem when it undermines their confidence and prevents them doing what they want to do.

This easy-to-use guide, full of real-life examples, is for those who suffer from all degrees of social anxiety and shyness, for their families and friends, and for the professionals who help them: psychologists, doctors and others.

- Explains the many forms and causes of social anxiety

- Contains a complete self-help program and work sheets

- Is based on clinically proven techniques of cognitive theray

Overcoming Social Anxiety and Shyness Details

Date : Published May 27th 1999 by Robinson (first published 1999)

ISBN : 9781854877031

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Format : Paperback 259 pages

Genre : Psychology, Self Help, Nonfiction, Health, Mental Health, Mental Illness, Relationships, Personal Development, Counselling

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From Reader Review Overcoming Social Anxiety and Shyness for online ebook

Alex says

This is the first time I've read a self-help book and I found it immensely helpful, especially when utilized alongside therapy, my men's support group, and daily writing and journaling. The book is focused on helping you overcome social anxiety and shyness, as you might be able to guess from the title. It does a pretty good job, presenting the tools of cognitive behavioral therapy in very simple and effective ways, and backed up with plenty of exercises and hands-on activities so you can put the lessons into practice!

Cognitive behavioral therapy is basically about learning how to change your thinking patterns to better reflect the life you wish to lead. It sounds too simple to be real, but honestly "thinking positively" is a major part of it. There's a lot more to it of course, like identifying the patterns of thoughts that dominate your mind and where they come from, learning to craft a healthy self-image, and building up confidence. None of this is easy, but Gillian Butler makes it as simple as possible, so for those who suffer from shyness and lack of assertiveness, I recommend this book. It's helped me already.

Susan Baumgartner says

Biased, inaccurate thinking can include: predicting faults ahead of time, mind-reading and catastrophizing during an event, and dwelling on a post mortem after an event. Have to agree there.
Lots of useful information in this book to help explain the hazards, and ways to prevent, living in a personal world ruled by anxiety. I'd give it 5 stars if it came with a therapist who'd followup with you to make sure you write in your journal regularly like you're supposed to. :-)

Taylor says

Social anxiety and shyness is different for everyone, and Gillian covers many different causes and triggers that you might experience. Things you might never have thought of, like your own safety behaviors and inward attention are very helpful at getting a handle on your personal situation. Through step-by-step guidance, you'll learn to change your thinking patterns, do things differently, reduce self-consciousness, and build self-confidence.

Finding an ebook version took a little work. Amazon seems to have the 1st edition only in paperback for $30, and the 2nd edition only in paperback for $17. The rest of Gillian's books are also bizarrely priced, from $0.74-$62. If you search for the title of this book and "epub" you should find some other digital buying options.

Tian Liang says

Pretty good book in general. I loved the tips shared between the pages on how to deal with shyness and

social anxiety, and loved the fact that they distinguished between it and social anxiety. However, one thing that I have to disagree is the point-of-view that bullies have high self-esteem. Very much on the contrary, bullies are people with high self-esteem. They feel really good about themselves! And they are charismatic, they are confident, and they're cool. I mean, in social psychology studies, we see the kids identified by the parents as awesome people were most of the time, bullies. It really is a pity there isn't much research being done in this area to explore the correlations between bullying and social anxiety :(But overall, great read.

Leonard Gaya says

Who has never felt awkward, out of place or otherwise inhibited when relating to other people? I for one, plead guilty! The aim of this book, which (as stated in the sub-title) is a self-help manual, is to shed some light on this rather widespread psychological phenomenon that, generally speaking, we refer to a "shyness".

It is in fact a form of anxiety disorder, meaning: a feeling of distress that is out of proportions considering the actual situation we are in. Each individual is sensitive to different types of situations: having to talk to a "large" audience (stage fright), having to start a conversation with a stranger (for instance if we consider the person as especially bright, important, sexually attractive, menacing, etc.), you name it. The fear associated with these types of situations are linked with thoughts like: "What I'm saying is stupid", "I will make a fool of myself", "I'll be so embarrassed I'll wish the Earth will swallow me", "people will see how I'm sweating, blushing, etc.". In certain acute cases, this sort of social anxiety or phobia can be extremely painful and crippling; the consequences are sadly obvious: inability to perform at work, inability to find a romantic/sexual partner, isolation, alcoholism, drug abuse, suicide… This is not a trivial issue!

The CBT (cognitive behavioral therapy) model this book is based on is a research performed by Beck and Clark: Cognitive Therapy of Anxiety Disorders: Science and Practice. The model essentially goes like this. In a "trigger situation" (see examples above) the person feels anxious; there can be many reasons for that feeling to kick in: for instance, an unpleasant situation that is, fully consciously or not, brought back to memory. The bout of anxiety translates in a series of assumptions or predictions ("He/She/They'll think I'm stupid"), based on underlying, toxic and in general erroneous beliefs ("I must make a good impression", "I am stupid", "people are judgmental", "people don't like me"…). As a result, three phenomena take place that fuel each other: 1) self consciousness: the person focuses his/her attention on herself ("I am stuttering, blushing, shaking…"); 2) symptoms of anxiety: tension, suffocation, etc.; 3) safety behaviors: keeping silent or over-talking, leaving the room, changing the subject, hiding, swooning…

All these mental patterns and processes -thoughts, behaviors, self-consciousness- tend to reinforce each other in a vicious circle. What this book offers is a way to raise one's awareness of these things and break the social anxiety "system". The exercices in the appendices offer a series of experiments and worksheets that allow to question the underlying thought, beliefs and behaviors that keep the anxiety going, and ultimately get rid of them. I myself found this book very enlightening and helpful.

Stine Fleming says

I've read the Danish version, in that translation the style was very American and the examples seemed very American, but the gist of the matter was clear and the tools were very helpful, once you start aktually using them on a regular basis. I definitely reccommend it to people struggling with anxieties concerning how you

percieve others percieving you :-)

Jonathan-David Jackson says

This book seems to be filled with lots of great, useful information. It contains a complete plan for freeing yourself from social anxiety. The only problem is that I'm too lazy to follow all the steps, so I will soon be checking out the book Overcoming Laziness.

Kasandra Mavrigiannaki says

Although I skimmed through quite a bit of a bit because it wasn't entirely relevant to me, there is some really useful information and tactics to use.

Ina Klaussen says

En fin bok med praktiske hjelpemidler for å overkomme sosial prestasjonsangst.

Warda says

I've struggled with social anxiety for the longest of times. My therapist recommended this book to me to read alongside my CBT sessions and to use as a general guide for my life.
It's weird, because I've never been able to speak about this. Mainly due to the fact that I never knew I had social anxiety till the end of last year. And due to my sessions, I've seen such a vast improvement within myself.

All to say that, if you're struggling with your mental health, it is okay and that the best thing you can do is to seek assistance for it. No matter how much your brain and your own self (let's be real, we are our biggest enemy!) tries to convince you that it is a minute problem, speak to your doctor. You'll feel better for it, I promise.

Janet says

Having had Cognitive Behavioural Therapy treatment, , and then reading this book, i found it not much help at all, sorry to say.

Gulnur says

Definitely very useful in terms of gaining an understanding in depth of social anxiety, personally, I found it a bit tricky to read.

Jess says

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Ruby says

I guess I've finished reading this (although I wasn't really reading it linearly), as I've *finally* had to hand it back to the library after starting work there a week ago, so that none of my colleagues would find out I'd been reading a self help book (the horror! the shame!). So perhaps the book didn't work 100% lol :))

But still! Fairly solid advice, based on CBT, which I knew the *gist* of but it was nice to have worked through examples that were applicable to me. I found a lot of the exercises a bit...over the top personally, I find generally it's best for me to suck it up and just do it, but there were some very helpful points I took from the book. Namely:

1) Focus externally! I used to get into a terrible self-perpetuating blush, which I'd focus onto until my glasses steamed up (!) from the heat and I had to leave. Now I just force myself to focus on something, like counting the number of leaves on a nearby pot plant, which helps considerably.

2) Saftey behaviours increase your perception of danger! Don't do it.

3) Don't awfulise, or 'mind-read'! Has anyone actually said they think you're an idiot? That you're boring? Then they probably don't! They're probably only looking at you strangely because they themselves are feeling awkward, or are only yawning because they had a late night. These are not about you! Look at the facts objectively.

I have nothing to compare this too, so can't really say how much it's helped. However, when I started the book I was unemployed but now I have a job. Coincidence?!?!?!?

Jan-Maat says

[I'm not sure which,