

## How Shy Are You?

- 1= very uncharacteristic, disagree
- 2= uncharacteristic
- 3= neutral
- 4= characteristic
- 5= very characteristic, strongly agree

- 1. I find it difficult to start conversations with strangers
- 2. Social situations make me painfully self-conscious.
- 3. Telephoning someone I don't know very well makes me nervous
- 4. I have doubts about my social skills.
- 5. During conversation, I worry about saying something dumb.
- 6. I often feel uncomfortable at social gatherings.
- 7. It takes me a long time to make friends in a new place
- 8. I worry about how well I'll get along with new acquaintances.
- 9. I feel tense and awkward when introduced to new people.
- 10. I am shy when meeting someone of the opposite sex.

# Don't Raise a Shy Child

Don't ever call your child shy

Nudge, but don't push a child at social gatherings.

Invite a younger child over to play

Include your child in conversation instead of giving orders

Avoid teasing

Don't be overly concerned with your child's manners or appearance

Teach social skills

Help youngsters become more assertive

Avoid a school change between 5th and 7th grade

# What Worries Kids Most?

Losing a parent

Going blind

Being held back a year in school

Wetting your pants in class

Hearing parents quarrel

Being caught stealing

Being suspected of lying

Receiving a bad report card

Being sent to the principal's office

Having an operation

Getting lost

Being made fun of in class

Moving to a new school

Having a scary dream

Not getting 100 on a test

Being picked last for a team

Losing in a game

Going to the dentist's

Giving a report in class

Acquiring a baby sibling

# Fears

Cause and Relief

- Infants are born with only two fears:
  - Fear of loud noises
  - Fear of being dropped
    - (Startle Reflex)
- All other fears are learned – how?
  - Someone tells them
  - Imitate you