**7年级英语第10课时**

**《社团比武招新，奥力给！》拓展资源**

***3 Steps to Overcome Shyness and Social Anxiety***

Shyness and social anxiety are usually the result of an overly excited [amygdala](http://dict.hjenglish.com/w/amygdala%22%20%5Ct%20%22https%3A//www.hjenglish.com/speeches/p586240/_blank) (a portion of the brain that receives stimulation based on your surroundings). Individuals who are shy or socially anxious typically have an amygdala that is extremely sensitive (in part due to their genetics, in part due to the way they were raised).

Shy or socially anxious individuals perceive unknown situations as highly threatening.

This feeling of being “threatened” would be beneficial if you were being chased by a lion; causing your mind to focus solely on what is critical to save your life. However, your mind “going blank” at a dinner party or when your boss walks in your office is not very beneficial.

So with that, let’s discuss 3 ways to overcome shyness and social anxiety.

**1. Reality Check**

Step number one is to recognize what is taking place chemically in your brain when you’re feeling anxious or shy.

You are not abnormal; your brain is just “unusually” sensitive to new stimuli, causing you to proceed with extreme caution – usually “unnecessary caution.” Just knowing this will help you rationalize what’s going on and will help relax you in future situations.

No need to become shy or anxious, just tell yourself that it’s just some chemicals and cells reacting based on a perceived threat that’s not really there – no need to panic (ignore the racing heart and sweaty palms) – just calm down and proceed intelligently.

**2. Don’t Ponder on Negative Thoughts**

When you give a presentation – there’s always three presentations involved: There’s the presentation you planned on giving, there’s the presentation you actually gave, and then there’s the presentation you wish you gave.

When you focus on what you could have done better, when you focus on the negative, you create a cycle of negativity. After you leave a meeting, or a dinner party, or a social gathering, don’t ponder on how you could have been “better.” Don’t think, “Why did I say that?”

Everyone says something foolish from time-to-time, however, focusing on negativity will lead you to believe that you are a person who says the wrong things at social gatherings; that belief will manifest itself every time. Recognize that everyone says something foolish from time-to-time; don’t ponder, move on.

**3. No Pressure**

Don’t feel pressure to be interesting, entertaining, or talkative. Just be your normal-natural self. It’s the pressure to be like someone else that enhances social anxiety and shyness.

You have survived participating in conversations your entire life. Your next conversation in a group is just one more conversation – you are not required to be the life of the party. Just be yourself and speak your mind when you have something to say – and if you don’t have anything to say – no pressure; “chill out” and have fun.

**Ted Talk视频*如何克服害羞***

****请同学们扫描二维码，跟着视频学习如何克服害羞的技能吧！**

***Word Bank:***

over-attachment 过度依赖 intend 打算 humanity 人类

emerge 浮现 cosmopolitan 世界主义者 encounter 遇到

the boy of average look 相貌平平的男孩 insightful 有深刻见解的 pay heavy price to...付出沉重代价 touching令人感动的