



Quiet *Confidence*

The Quiet Girl's Guide to *Overcoming*
Social Anxiety and *Thriving* as an
Introvert in an Extraverted World.

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**Hello and welcome!!
I am so happy you are here!**

This book means the world to me because this exact formula changed my life and I know it will change yours too ...

**ARE YOU TIRED OF *INTROVERSION*
HOLDING YOU BACK?**

Do you leave social situations feeling drained?

Are you overwhelmed by self-doubt
when trying to connect?

Do you long for more connections but
isolate yourself?

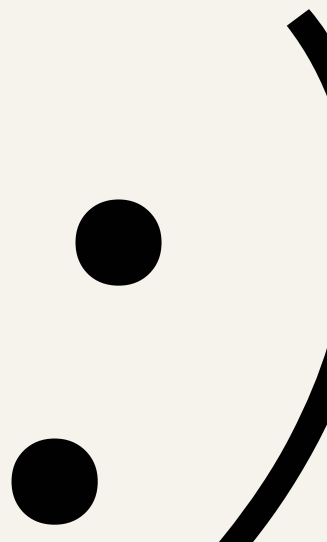
This is your solution.

This is a step-by-step guide designed to cut out all the guesswork for you so that you can liberate yourself from these struggles and create the life you deserve.

This isn't just a random assortment of tips; it's a progressive roadmap based on science that will guide you through the exact 3-step cycle that is keeping you stuck and how to break free to connect with confidence as an introvert.

INTRODUCTION

A quick back
story and the
importance of
connection.



my story

For most of my life, I felt overshadowed, isolated, and misunderstood due to being an introvert. I did everything I could to ignore my nature and ‘act like an extrovert’ but this just made me feel constantly drained and anxious.

I was tired of watching everyone else get the opportunities, the friendships, the recognition ... whilst I felt so paralysed by my own thoughts and unable to speak up.



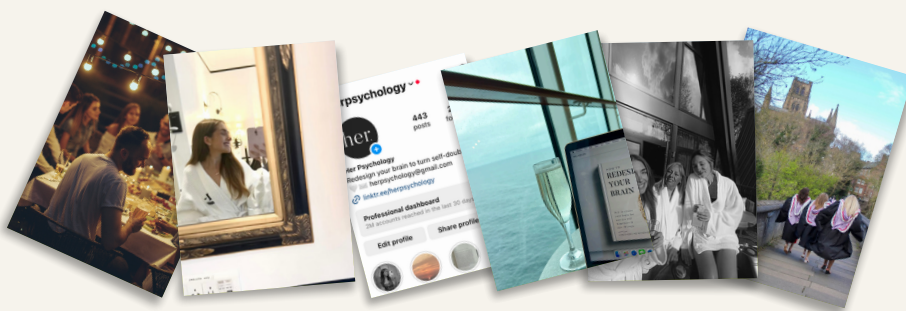
my story

That was until I became **obsessed** with understanding Psychology and uncovered the exact 3-step cycle that was keeping me, and so many others stuck.

Fast forward to now ...

- I thrive in social settings and actually enjoy them!
- I know how to honour my introverted tendencies.
- I built my dream business.
- Meet so many amazing people.
- Get so many opportunities.
- Have an amazing social circle.

And the best part is ... I did this all without faking it or changing who I was. Instead, I tapped into the psychology of how us introverts are wired to thrive in a world that is built for extraverts.

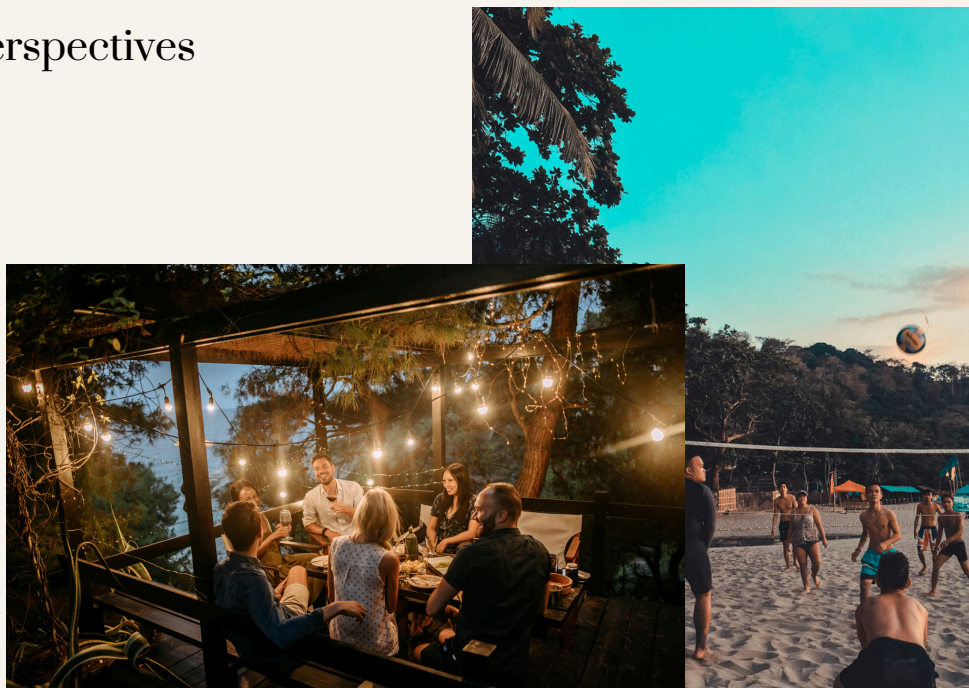


The importance of human *connection*

Human connection isn't just a luxury—it's a necessity. Extensive research confirms that regardless of whether we are an introvert or extrovert, connection is a fundamental need that is associated with increased well-being and happiness.

Not only this but more connections can lead to so many positive things such as:

- Increased opportunities.
- More life experiences
- More fulfilling relationships
- Increased self-esteem
- Expanded perspectives
- Better health



MODULE 1

Understanding the Connection Barrier for Introverts

1

So, what exactly is holding you back from connecting with others with ease and confidence as an introvert?

I have found a consistent cycle that keeps us trapped in this loop that I like to call the AAA cycle (Awareness, Acceptance, Adaptation).



This may not make sense now but let's unpick this one at a time, starting with the awareness issue.

The Awareness Issue

Societal bias towards extraverts.

Society is conditioned to be more accepting of extraverts. Why? Because the world is literally built for extraverts. From job promotions, networking events, to who gets noticed at parties' - extraverts have an inherent advantage.

One good example is the work culture of after-work drinks. As an introvert, all you want to do after a long day is go home and recharge. However, because of this culture, you worry that if you don't go, you'll be labelled as 'antisocial' or 'boring', or that others may bond with each other more leaving you at a disadvantage. So, you force yourself to go believing this is the 'right' way of being.

The issue is, you are ignoring your own needs and trying to be someone you are not which ZAPS your energy causing you to feel exhausted and not show up as your authentic best self ...



The Awareness Issue

Negative misconceptions about introverts ...

Secondly, there are sooooo many negative misconceptions about introverts that can make us feel unworthy or ashamed of who we are.

Hands up if you've heard any of these before:

- ✗ Introverts are shy and anti-social
- ✗ Introverts lack social skills
- ✗ Introverts don't enjoy socializing
- ✗ Introverts are not team players
- ✗ Introverts are not leaders
- ✗ Introverts cannot be assertive
- ✗ Introverts are unhappy or lonely

We will delve into this further in the acceptance module but all you need to know for now is how many are true?

ZERO!!

What does
this lead to?

The
Acceptance
Issue ...

The Acceptance Issue

Reduced self concept.

Due to the societal bias and negative perceptions against being an introvert, it can be easy for us to feel like outcasts in society and lack self-acceptance. We tend to put extroverts on a pedestal and work to ignore our nature and become more like them because we believe this is the 'right' way of being.

Moreover, because of this skewed awareness about what being an introvert actually means, we are never taught how to manage and honour our nature. This leads to increased discomfort in social interactions which then reinforces the false notion that introversion equates to social inadequacy and further reduces our self-esteem.



Now let's
look at the
adaptation
issue ...

The Adaptation Issue

Avoidance

So how do we adapt to this?

By avoiding socialising as often as we can!

Due to this faulty awareness and a lack of self-acceptance, we can find socialising a bit of an uphill battle. Therefore, we start to avoid social situations whenever we can. The issue is, this avoidance increases anxiety over time. This is where the anxiety cycle comes in ...

Step 1

Your brain interprets a social situation as **dangerous** and produces anxiety.



Step 2

We **avoid** or **escape** the situation.



Step 3

Nothing bad happens so your brain releases a surge of **relief**.



Step 4

Your brain views this as a success so **increases anxiety next time** to reaffirm this cycle and 'keep you safe'.



The Adaptation Issue

Avoidance

Each time we avoid social situations, we teach our brain that they are an actual threat to our safety. We are validating our anxiety by telling our brain that it was right to produce this fear.

So what does our brain do?

It produces more anxiety next time because it believes this is the most efficient thing to do ...

This ongoing cycle of anxiety and withdrawal perpetuates our anxiety over time and leads to self-imposed isolation. Self-imposed isolation has been shown to alter brain function by deepening loneliness and worsening our ability to connect with others.

But don't worry if this sounds like you! Trust me I have been there and it is entirely possible to break this pattern. Which leads us on to my favourite part - **BREAKING THIS CYCLE!**

MODULE 2

Breaking the Cycle: Awareness

What introversion actually
means and how to manage it




Awareness
is the
first
step in any
transformation.

Debunking myths

Firstly, lets clear these myths up.

 **1. Introverts are shy and anti-social**

 **Introversion** = Prefer quiet environments and gain their energy from alone time.

Shyness = fear of negative judgements.


Many introverts can be outgoing and social when they want to be, but will just need time alone after to recharge.

 **2. Introverts lack social skills.**

 In fact, the opposite is true.

The qualities of an introvert actually give them amazing social skills (attentive listeners, thoughtful and considerate).

 **3. Introverts don't enjoy socialising.**

 They can, they just prefer quality over quantity - so smaller groups and more meaningful conversations.

Introverts may only THINK they don't enjoy it because they are not balancing their need to recharge in solitude well enough.

Debunking myths

Firstly, lets clear these myths up.

✘ 4. Introverts are not team players.



Although they may not be naturally inclined to dominate group discussions, their ability to listen and give thoughtful insights can be a great team asset.



5. Introverts are not leaders.



Introverts actually make the best leaders. They lead with quiet confidence, are good listeners and can build deep and meaningful connections, seeking to empower and support others rather than seek the spotlight.



6. Introverts cannot be assertive.



Assertive in a different way to what society deems it to look like (outspoken, dominant, direct). We prefer to assert ourselves in a calm, collected and reasoned manner.



7. Introverts are unhappy or lonely.



Although we may seek solitude more, we do it out of a place of enjoyment. Similarly, whilst we may generally have fewer social connections, the relationships we have are often deeper and more meaningful.

What being an introvert actually means ...

1

Prefer a quiet environment.

Require time alone to recharge.

2

3

Amazing listening skills.

Extremely thoughtful communicators.

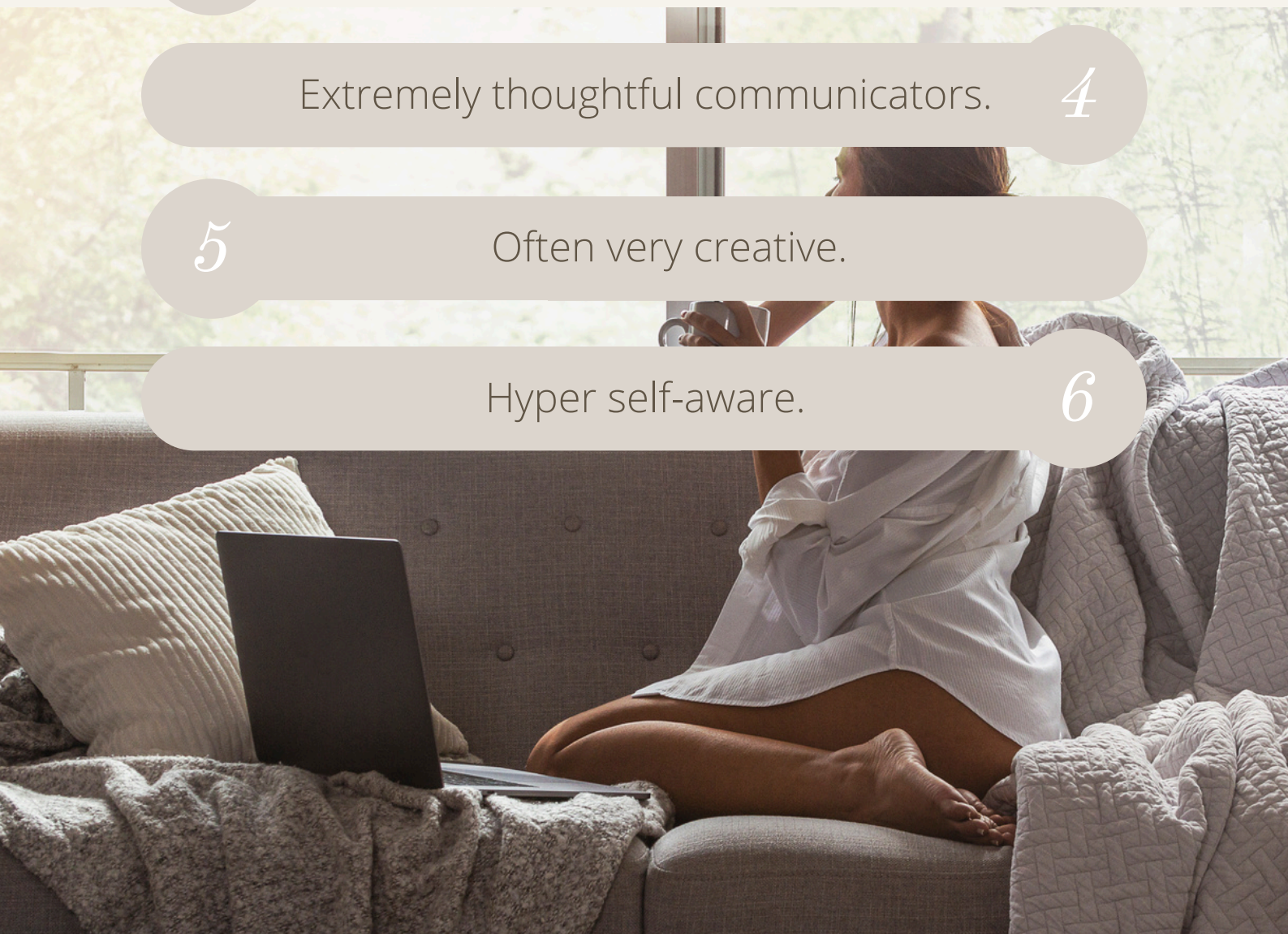
4

5

Often very creative.

Hyper self-aware.

6



Tools to manage this.

So, now that we are clear on what being an introvert actually means, it's time to start honouring our nature and learn how to work with it rather than against it ...

Remember, deep and lasting change starts with accepting ourselves as we are. As you continue this journey, remember that your introversion is not something that we want to overcome or hide. Its a source of strength, wisdom and insight that we can begin to tap into to unlock the most confident and empowered version of ourselves.



And if you know me you know I swear by this quote ...

*You can't
hate
yourself
into
loving
yourself.*

Managing social energy

Introverts gain their energy from alone time and can find socialising draining if not managed correctly.

Structured downtime

Schedule time alone between any social engagements to activate your parasympathetic nervous system and conserve more energy for interactions. I am extremely intentional with how I plan my week and I know I will need at least 30 minutes between meetings to decompress and ground myself.

Selective engagement

Don't feel the need to say yes to every social engagement. Instead focus on quality, not quantity. What will make you happy and what will help you grow? Prioritise those and don't feel guilty saying no to anything else.



Managing overanalysing

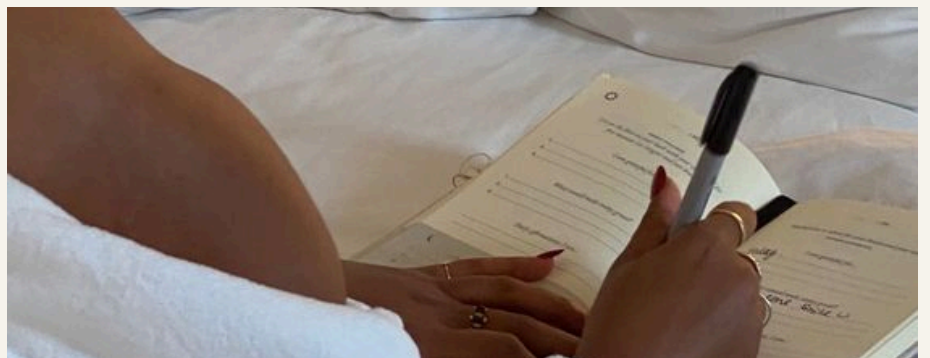
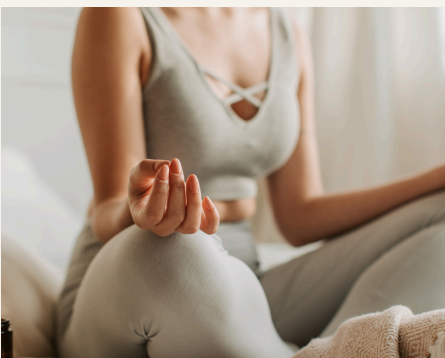
Introverts tend to think a lot so may feel drained from overanalysing every small detail in a social interaction.

Mindfulness Practices

Incorporate mindfulness practices whilst you are out and about. Subtle ones I love to do in social environments is deep breathing exercises and focusing on my senses to ground yourself back into the present moment and get out of my head.

Cognitive Reframing

You are not your thoughts. Don't just trust your ruminations and instead get into the habit of questioning their validity to reduce any anxiety. I like to do this is by journaling or quickly getting my thoughts out on my phone after. This way I can look at them logically and stop overthinking.



Managing small talk

Introverts can find small talk incredibly draining so here's how to find it more enjoyable.

Purposeful small talk

News flash!! EVERYONE secretly finds small talk boring. To have more meaningful conversations and to instantly become more likeable, ask questions related to something they are passionate or excited about.

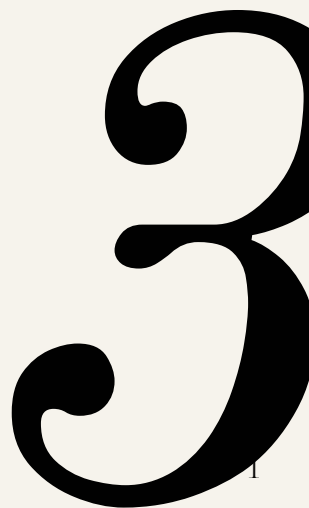
Don't worry about coming off as weird or forward, people love this and it will set you apart from others and also help build deeper connections.



MODULE 3

Breaking the Cycle: Acceptance

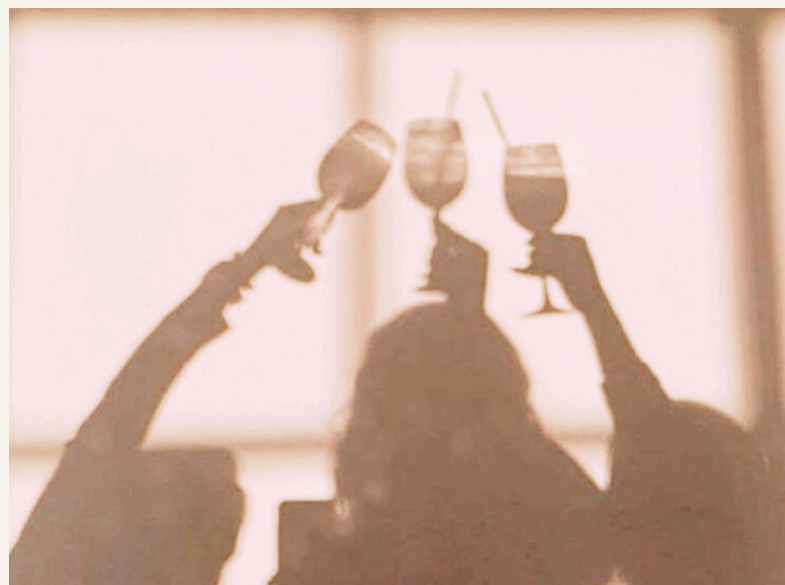
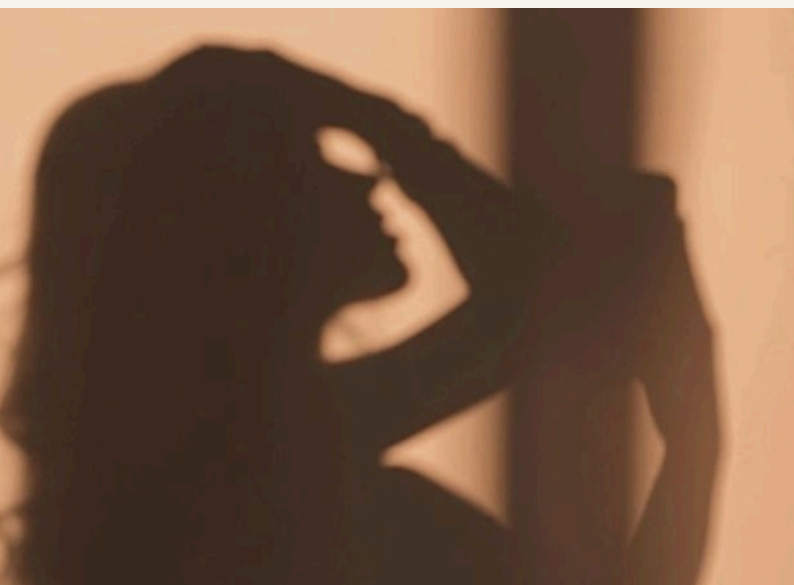
How to build deep
confidence, show up
authentically and form more
meaningful connections.



The importance of self-concept in connection

Your self-concept is your **overall** perception of who you are. This forms the foundation of your confidence as it concerns how you perceive your abilities, your worth and your potential.

Thus, it is no surprise that psychological research consistently shows that a positive self-concept correlates with better connections and social skills. Whereas a negative self-concept acts as a barrier preventing you from showing up as your authentic best self and forming connections.

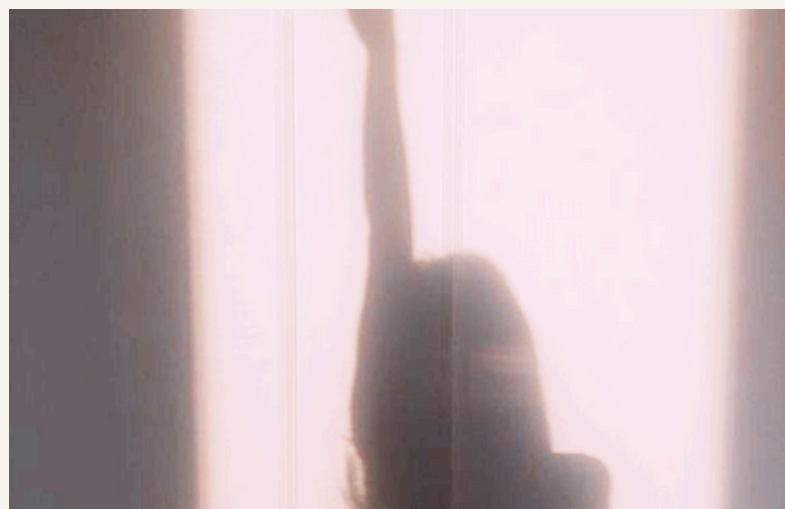


Is it possible to change your self-concept? 10000%

We have the ability every single day to rewrite the narrative and completely change the way we view ourselves.

Take me as an example. Just a few years ago I used to have zero confidence and I hated pretty much everything about myself. I had no self-worth and would let everyone walk all over me.

That was until I realised how our brains worked and learnt how to gain control of my thoughts and start taking aligned action to rewire my brain to become the best version of myself.



*So let's
start
rewriting
your
story.*

FIRST STEP

Becoming aware of your limiting beliefs.

Our beliefs are formed in childhood, and influenced by our early experiences, interactions, and society. From 0-7, our brains are predominantly in a theta state, making us highly receptive to information. These beliefs become deeply ingrained in our subconscious and continue to influence how we see the world and behave as adults (despite many of these beliefs being inaccurate or outdated).

Humans are prone to confirmation bias whereby we unconsciously seek out information to confirm our pre-existing beliefs. Thus, making these beliefs more resistant to change over time.

To take control of these beliefs, we must first bring them to light. **So**, I want you to write down allllll of your deepest, darkest beliefs. This process can be uncomfortable, however, awareness is the first step toward transformation. Once you become aware of these beliefs, you are no longer bound by them and you gain the power to change them.

SECOND STEP

Challenge your limiting beliefs.

Your beliefs are not facts. They are often inaccurate, outdated or biased (remember confirmation bias). We are also constantly learning, growing and evolving, yet hold onto beliefs that are based on past version of ourselves. Therefore, it's time to finally throw some doubt on them.

So, ask yourself on the next page:

- **Where did this belief come from?**

Did someone say it to you at school, did your parents tell you, did a specific experience trigger it?

- **Do you have any real evidence?**

Often times we don't. We just assume everyone hates us, we are terrible at socialising ... the list goes on.

- **If you do, how have you now changed? OR what could you do today to contradict this belief?**

CHALLENGE YOUR
limiting beliefs

Answer these questions about each of your limiting beliefs.

LIMITING BELIEF	Where did this belief come from?	Do I have any evidence that it is true?	If yes, how have I now changed? or what could I do to contradict this?

Remember:

You are the
creator of
your own life.

You can
choose to
change the
narrative.

LAST STEP

Acknowledging your unique strengths.

Now you have neutralised the power of your limiting beliefs by finally gaining awareness and throwing some doubt on them, it's time to look at your unique strengths.

I know this might feel uncomfortable as well – society has programmed us to zoom in on our flaws and ignore our strengths - but let's switch the lens. I want you to write a list of 30 things you love about yourself that make you unique.

Maybe you are an AMAZING friend, have a great sense of humour, or take pride in your commitment to personal growth ...

These can be as random as you like, but these seemingly 'small' things are not trivial, they are the essence of your individuality, why people are drawn to you and what make you unique.

30 UNIQUE STRENGTHS

These can be as random as you like, but these seemingly 'small' things are the essence of your individuality.

Keep this with you and read it every day. We are wired to focus on the negative, so let's engrain the positive into our brains.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

Strengths of an Introvert

If you are struggling with this, let me help you out ...



Just by being here it shows you are taking life into your own hands and empowering yourself to create a better future.



You have the ability to think deeply and meaningfully about things.



You are an amazing listener and can make others feel seen and heard.



You have a rich inner world and are so creative.



You are comfortable with your own company which is such a blessing.



You are incredibly reflective making you a quick and effective learner.



You have so much empathy and can truly understand others.



You notice details that others might miss, allowing you to gain valuable insights.

The list goes on and on to be honest

You have now
built a solid
foundation to
grow from.

Now let's look
at some
advanced
confidence
building
techniques.

1.

The psychological power of appearance

Although we hate to admit it, appearance does matter. Research consistently shows that when we believe we look good, it improves our confidence, which in turn influences our energy and how we show up in social interactions. Also remember confirmation bias? When we believe we look good, we find more evidence to confirm it.

No, this does not mean you have to fit society's expectations of “attractive” OR conform to beauty standards, it just means you should always show up and dress in a way that makes YOU feel YOUR best.

Reflect on past experiences where you felt your best:

- What were you wearing?
- Is there a particular style you like?
- Is there a particular hairstyle?
- What activities make you feel good?
- What grooming habits are essential for you?

- Highlight ones that stand out and make them a non-negotiable



2 .

Develop an alter ego

Don't get me wrong, fake it till you make it is definitely not the secret to deep lasting confidence. However, it is an amazing (and fun) tool to propel your confidence journey.

An alter ego is a secondary persona that you can step into – Sasha Fierce is a great example. Beyonce would 'become' Sasha whenever she got on stage to embody the most confident version of herself.

Think of your dream self – how would she dress, act, talk ... EVERYTHING! Then, give this person a name and tell yourself that when you show up at that next event, you are going to 'act' as this person.



I know this can seem strange, so here's

THE SCIENCE



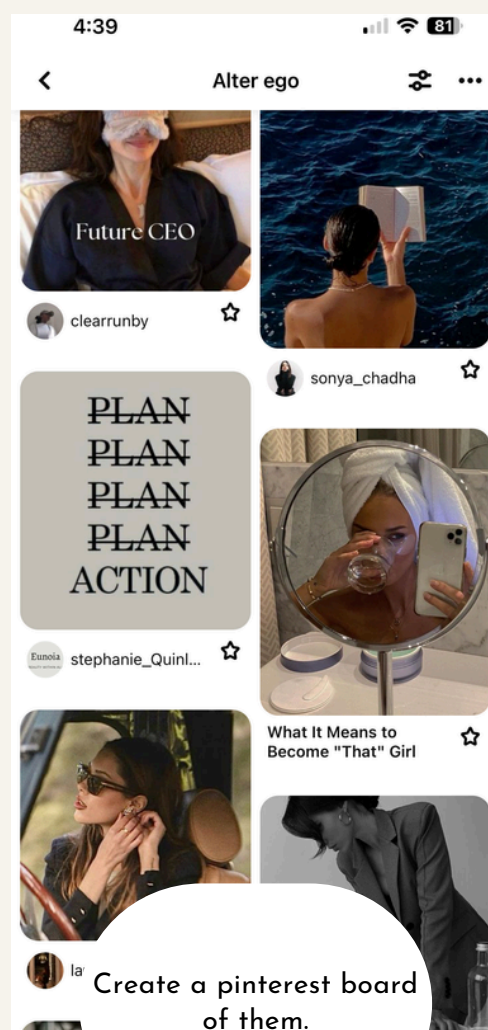
- It creates psychological distance which reduces the self-imposed limits you put on yourself and your expectations of how you 'should be' showing up.
- Each time you show up as this version of yourself, you are strengthening the neural connections in your brain making it more likely to become your natural way of being.

Soooooo,
let's create your
dream self's alter ego

How would she dress?
How would she talk?
How would she act?
What would her morning/night routine be?
How would she think?
What would we she believe?

BE AS DETAILED AS POSSIBLE

Don't forget to give them a name!



DREAM SELF
ALTER EGO

Get crystal clear on who this person is.

How would she dress?

How would she talk?

What would her morning routine be?

What would her night routine be?

What sorts of things would she say to herself?

What would she believe?

How would she handle stress?

How would she handle failures?

What self-care practices would she do?

Anything else?

Master Detachment

An abundance of studies show the positive effects of detachment. When we develop a strong foundation of confidence, we no longer depend on external validation from others. By not relying on others to define our worth, we reduce anxiety and show up more authentically in relationships. This allows us to engage with others openly and naturally, free from the fear of judgment or rejection. Here are some mindshift shifts to help:

Mindset shifts for detachment

1.

Why would you trust the opinion of someone who hasn't walked a day in your shoes?

2.

People who judge, often do so out of a lack of confidence. They cover their insecurities by projecting them onto others.

3.

What is meant for us, will never pass us by. If something doesn't go your way, it was never meant for you.

THE ART OF
DETACHMENT

- Let people show you how they feel.
- Rejection is redirection to better.
- Not everyone is meant to stay.
- Don't force unaligned connections.
- Save your energy and forgive them.
- Learn how to make yourself happy.

Some people think you are *too young*, others think you are *too old*.

Some people think you are *too smart*, some think you *aren't smart enough*.

Some people think you are *too good* for them, some think you *aren't good enough*.

Everyone will view you from their *own lens*, so there's no point in trying to control the opinions of others.

Focus on how you want to make others feel.

“Always try to make people feel better than they did when they first met you”.

Go into every interaction not with the aim to impress and make others like you, but focus on how you want to make them feel. Not only does this take the pressure off you, but it also makes you so much more magnetic, warm and likeable.



P.S. As an introvert, you are already *amazing* at this!

Lean into your your *listening* and *empathy* skills to make people feel seen, heard and understood.

Affirmations

Using positive affirmations can significantly boost confidence by influencing key brain processes.



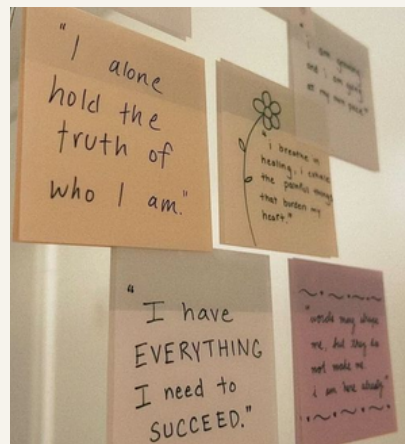
Firstly repeating affirmations strengthens their corresponding neural pathways, making those positive thoughts more dominant and automatic.



This repetition also aids in synaptic pruning, where the brain eliminates unused neurons and synapses, allowing us to reinforce more positive thoughts and start to diminish our limiting beliefs.



Finally, positive affirmations trigger the release of feel-good neurotransmitters such as dopamine and serotonin, which enhance our mood.



Now lets create your 10 affirmations.

Some bonus tips

Create them in a way that feels true to you

Research suggests that when language aligns with your own voice and thoughts, it is more likely to be internalised and accepted by your subconscious. Your brain is wired to respond more to familiar language, so by tailoring affirmations to match your unique way of talking, you increase the likelihood of believing and acting on them.

Repeat these morning and night.

Just after you wake up and before you go to sleep, your brain is in a more suggestible state, known as the alpha state. During this time your subconscious mind is highly receptive to new ideas, making it the perfect time to reinforce your affirmations.

Don't just say them. Step into how you will feel.

When you step into the feelings associated with your affirmations, you activate more parts of your brain, including the emotional centres. Research in neuroplasticity suggests that this can significantly enhance the impact of affirmations.

MY 10
AFFIRMATIONS

Repeat these morning and night

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Universe, show me how good it gets

My favourite!

Inner child healing

My Mum taught me this and it will forever be the best advice I could ever give. Find a picture of yourself when you were little. Print it out and stick it on your mirror and remember that whenever you are being unkind to yourself, you are being unkind to the little girl in that photo.

Treat yourself how you would treat that little girl. If she messed up would you shout at her and never let her live it down? If she felt insecure would you agree and point out all of her flaws? If she was excited about her dreams would you laugh and tell her to give up? Of course not! So why do you do that to yourself now? Remember, her excitement about the future relies on you choosing to appreciate and love yourself now.

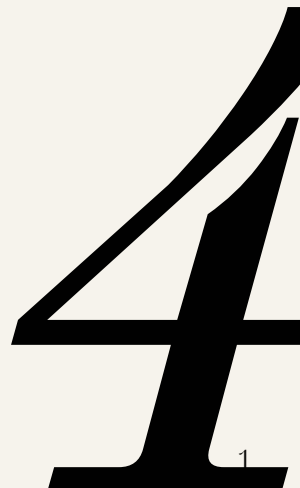


You now have
the *perfect*
foundation
for *growth*
and you are
ready to start
implementing
this to rewire
your brain
for good.

MODULE 4

Breaking the Cycle: Adaptation

How to replace avoidance
with exposure therapy to
rewire your brain for lasting
change.



*You don't
have to
be great
to start,*

*but you
do have
to start to
get great.*

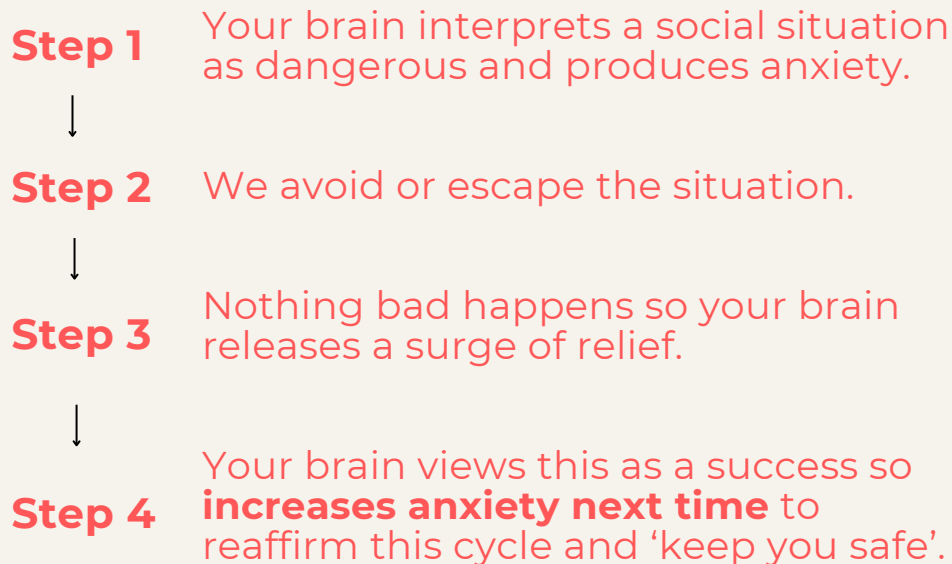
How exposure therapy rewires the brain

Your current way of being is a reflection of your past actions and habits. Each time you repeat a behaviour, your brain strengthens the neural connections associated with it, making that action more automatic. This is how habits are formed, and why up to 90% of our day is driven by subconscious routines—we think the same thoughts and do the same things daily without much conscious thought.

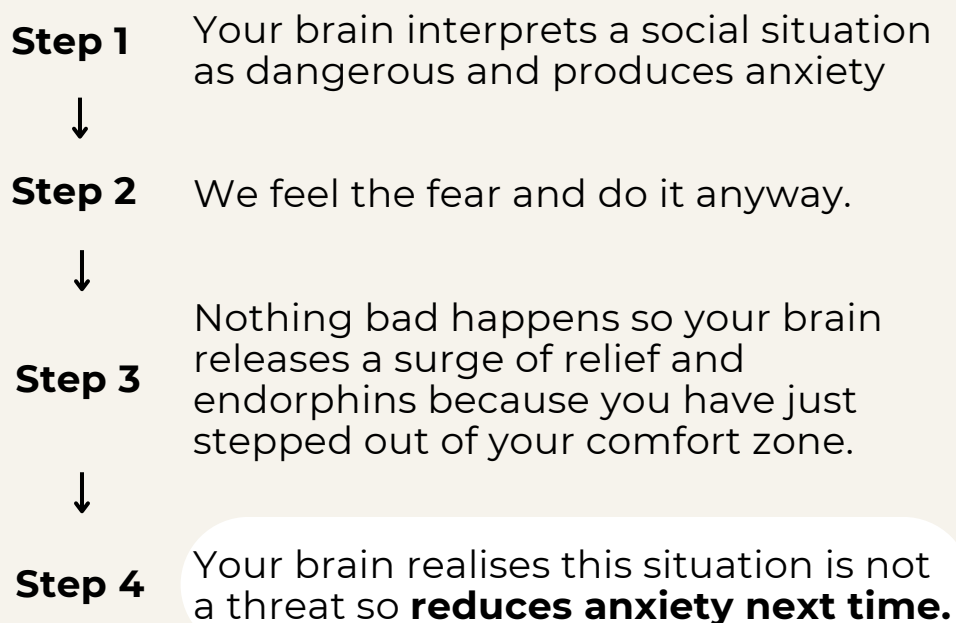
When you do something new, your brain creates new neural pathways which can again, become stronger and more automatic with repetition. This process, known as neuroplasticity, allows the brain to adapt and change based on your actions.

By consciously choosing actions and habits that align with the person you want to become, you can actively influence how your brain is wired. You can basically become your own neurosurgeon which I find such an empowering thought.

Remember the anxiety cycle?



Lets see how exposure can alter this ...



So, how can we put this into practice?

Gradual exposure ladder

The key to success is to change your actions in a controlled manner to make it more comfortable and realistic for yourself. To do this, we are going to build an exposure ladder of social goals that gradually get more intimidating. A structured plan that slowly guides you through your fears, allows desensitization to occur in the brain which prevents you from getting overwhelmed and backing out.

So I'd like you to write a list of social goals that start small and gradually get more uncomfortable. Engage with each step until you feel comfortable and then move on to the next.

E.g.

Step 1 – Say hello to a neighbour

Step 2 - Ask how their day went

Step 3 - Start small talk with a stranger

Step 4 - Attend an event on your own



GRADUAL EXPOSURE LADDER

Build a ladder of social goals you want to achieve
that gradually get more intimidating

Engage with each step until you become comfortable
with it and then move onto the next step.

1. _____
↓
2. _____
↓
3. _____
↓
4. _____
↓
5. _____
↓
6. _____
↓
7. _____



The if/then engagement rule

As an introvert you may naturally fall back into avoidance habits (because its more comfortable). This is normal, however, it does mean that we have to be proactive in intentionally engaging with others. An amazing trick for this is to create a few set rules to trigger socialising in certain situations.

IF  THEN

If it's a weekend and
I have no plans,

I will text a friend for
coffee.

If I am eating lunch
alone on a Wednesday,

I will join my
colleagues.

If it's a Thursday,

I will join a gym class at
rather than work out alone.

Now let's look
at some
practical tools
you can use *in*
the moment to
overcome
apprehension.

Practical tools to overcome apprehension

1. Visualisation

Your brain senses little difference between what is real and what is imagined. Visualising your most confident self in social situations will rewire your brain to believe this has already happened. This will therefore make you more likely to show up as this version of yourself.

01

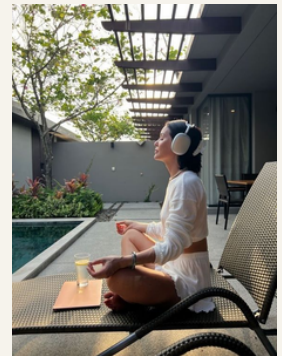
Every morning, spend 5-10 minutes visualising yourself showing up as your most confident self.

02

Before an event or interview, run through it in your head a few times saying exactly what you want to say.

03

Every evening, rehearse tomorrow OR if things went wrong today, reverse the memory in your head by picturing it going well. This way you won't attach to a negative self-perception and can start again tomorrow.



Practical tools to overcome apprehension

2. Mindfulness

When we feel anxious, most of the time nothing is actually threatening in the moment. It is the stories and narratives we are creating in our head that are making us feel anxious. Learning how to get out of your head and put yourself back in the present moment is SO powerful.

01

Practice deep breathing before and during socialising to activate your parasympathetic nervous system and get out of your head.

02

Ground yourself in the present moment by finding one thing you can smell, one thing you can see and one thing you can hear.



Practical tools to overcome apprehension

3. Scripting

Scripting has the same positive effects of visualisation - However, the physical act of writing engages more of your brain. Journal as if you have already nailed a social event, how you felt, how others responded to you.

Writing down conversations or questions in advance is also a great way to help you feel more prepared and in control.



Practical tools to overcome apprehension

4. Butterfly hug

This is a self-soothing technique where you cross your arms over your chest and tap your shoulders alternately with your hands like butterfly wings. This activates bilateral stimulation, which helps to calm the nervous system and reduce anxiety in the moment.

Don't worry, you can discreetly use the butterfly hug without anything knowing by gently tapping either arm. I do this all the time and no one notices, I promise you.

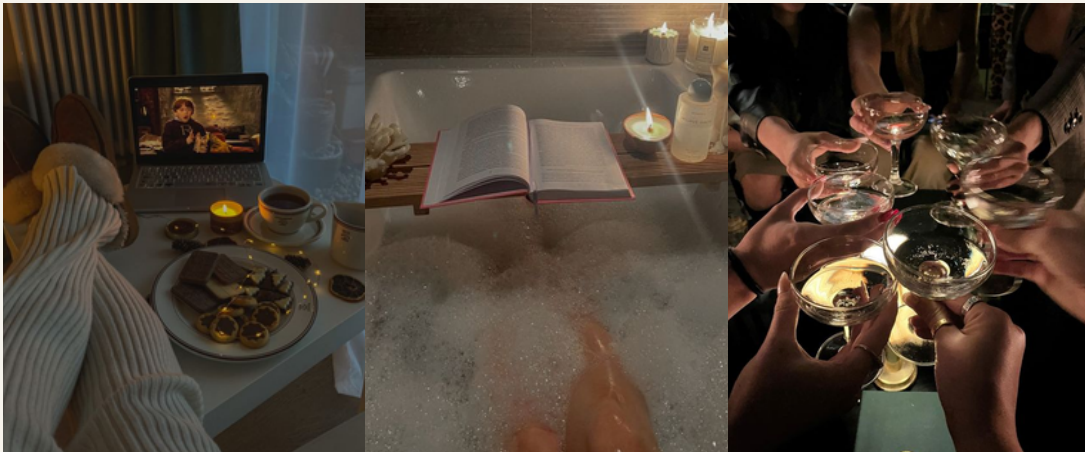


Practical tools to overcome apprehension

5. Reward system

After every successful social interaction, reward yourself!!!! This engages the reward circuit of your brain and acts as positive reinforcement that will motivate future engagements and make this journey even more rewarding and fun.

Some of my favourite ways to do this are making my favourite dinner, planning a date night with my partner, even just looking forward to sitting down with a hot chocolate at the end of the day and feeling proud of myself. *Whatever makes you happy.*



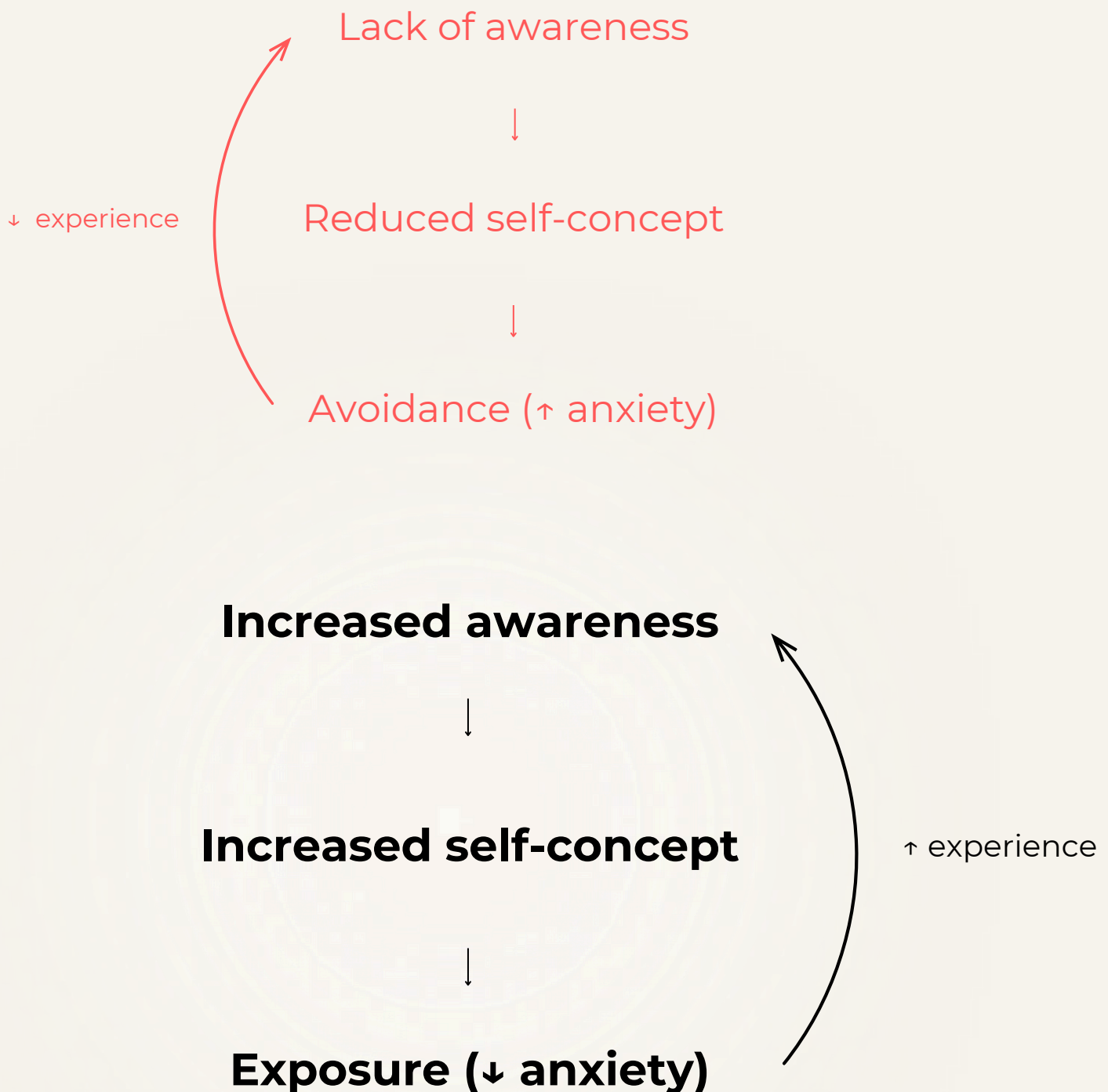
YAYYYYYY
YOU'VE DONE IT!

Conclusion

X

Conclusion

So what have we learned? Here is how we are directly breaking out of this cycle and forming a new positive one to create lasting change.



MODULE 1

Key Insights

Understanding the connection barrier

The awareness issue

Society is biased towards extroverts. There are many false beliefs about introverts. We aren't taught how to manage our nature.

The acceptance issue

This leads to a lack of self-acceptance.

The adaptation issue

We use avoidance as a way to cope which reinforces anxiety over time.

MODULE 2

Key Insights

Breaking the cycle: Awareness

What Introversion Means

Preference for Quiet Environments

Need for Solitude to Recharge

Deep Concentration

Thoughtful Communicators

Creativity

Excellent Listeners

Hyper Self-Awareness

Tools to manage introversion

Structured Downtime

Selective Engagement

Mindfulness Practices

Cognitive Reframing

Purposeful Small Talk



MODULE 3

Key Insights

Breaking the cycle: Acceptance

Becoming aware of your limiting beliefs
Challenging your limiting beliefs
Identifying your unique strengths.

Advanced Confidence Building Techniques:

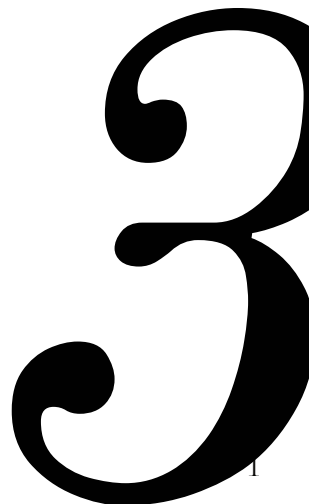
Show up to feel your best

Create an alter ego

Detach from the opinions of others

Focus on how others feel

Use positive affirmations



MODULE 4

Key Insights

Breaking the cycle: Adaptation

Gradual Exposure Ladder:

Create a ladder of social goals that gradually increase in difficulty.

If/Then Engagement Rule:

Have set rules that trigger engagement in specific situations.

Practical Tools to Overcome Apprehension:

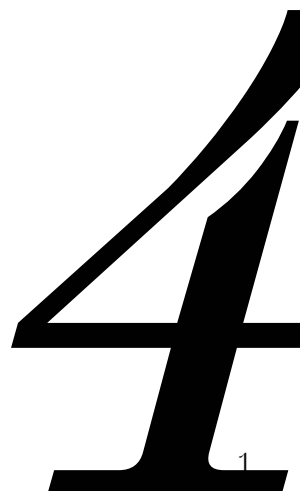
Mindfulness Techniques

Visualisation

Scripting

Butterfly hug

Reward System



I am **so** proud of you, and you should be too

Life can be challenging and it can
be so so easy to fall into a victim
mindset.

Staying in the same place is easy,
but you made the conscious choice
to choose more for yourself and do
the work to make a change. So
take some time to reward yourself

You mean a lot to me and my
journey. Please reach out to let me
know what you thought, if you
have any questions and most
importantly, any wins!

This process changed my life and
your success means the absolute
world to me.

So much love and thank you again,
Connie xx



I am **so** proud of you, and
you should be too

Life can be *hard* and it can be so
easy to fall into a *victim* mindset
and *stay stuck*...

but you have made the *conscious*
choice to choose *more* for yourself
and create the life *you deserve*.

Choosing growth is not easy
but shows *incredible* strength
so please take some time to
reward yourself!





Your *success* means the absolute world to me so *please* reach out via dm on Instagram if you have any questions or even better, any *wins*!

Thank you so much for putting your trust in me by purchasing this ebook. I know what it feels like to feel stuck so I really hope this has shown you that you are not alone, you are *seen*, *enough as you are and so so so powerful.*



Alsooooo, I am excited to announce that I will also be offering 1:1 coaching!

If you would like to be coached privately by me please reach out via Instagram DM or my email below to discuss options.

Spots will be limited so get in touch ASAP to be added to the wait list. I can't wait to work with you!

Sending so much love,
Connie xox

 [.@herpsychology.](https://www.instagram.com/herpsychology)

 hello@herpsychology.com

Lots of *love*,
Connie xox

her.