

**Table Topics
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SOCIAL ANXIETY & SHYNESS



SOCIAL ANXIETY



- How do you understand shyness?
- Is shyness a problem for you?
- When was the last time you were shy?

SOCIAL ANXIETY



- What are good and bad points of shyness?
- Bring in some examples of its positive effects
- Bring in some examples of its negative effects

SOCIAL ANXIETY



- What do you think about other people's opinions?
- Do you care about them?
- Does other people's opinions reflect your personality?

SOCIAL ANXIETY



- What can we do to overcome shyness?
- What methods do you know?
- Tell about your own example of getting over shyness?

SOCIAL ANXIETY



- Can alcohol be considered a method to combat social anxiety?
- What are benefits and drawbacks of it?
- Tell about your example?

SOCIAL ANXIETY



- Why do public speakers get nervous at the beginning of their speeches? Is it natural?
- What can we do to suppress stage fright?
- Bring in your example!

SOCIAL ANXIETY



- Why are some people afraid of meeting new ones especially of the opposite sex?
- Are there ways to get rid of this fear of the kind?
- Bring in your own example?

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