

Shyness and Social Anxiety Script

By Rene Bastarache, CI

NOTE: This script is designed to help you imagine the exact type of confident, socially successful person you'd like to be. Once you created this new goal you in your mind and have determined all of the desired traits and features, you'd like to see in yourself; your next step is to move into this new you. It's time to shed your old skin and step into your new you.

Script Starts Here

Imagine yourself right now standing right in front of you as the confident and social type of person that you'd like to be... Imagine all the details of this new you...

If you could be or do anything you desired, how would this new... confident... take-charge person be?... I'd like you to imagine all the details...

Imagine exactly what you look like... your body mannerisms...

Are you standing differently? ...

Maybe more direct with your shoulders back and head held high? ...

Do you have a different facial expression of confidence? ...

Maybe even of looking like you belong? ...

What are you wearing as this confident, new, social you?

Are you dressing any differently than you normally would?

If you can dress any way you like, now that you're this confident dynamo that you'd like to be... What changes would you make?

Imagine yourself actually functioning the way you'd like to be in public right now... Maybe you're at a social event... or a business event or even a family affair...

If you were the exact person you'd like to be, how would you be acting?...

Are you noticing any differences between the way you're acting as this new you compared to the past you?...

Imagine everything else about this new, goal you... Is there anything else that makes you different, being the successful person that you'd like to be?... If there is then identify those traits right now.... What are they?... How do they display themselves and you?...

Now I'd like you to imagine how you feel seeing this new you... Are you excited about the prospects of being this way?... What kind of emotions are you experiencing, seeing this new you?...

Once again imagine this new you with all these wonderful traits of being confident and socially secure... Imagine this new you standing right in front of you... facing you with a warm and inviting smile... Get it very clear in your mind's eye...

Now imagine yourself walking right into this new you... imagine yourself walking right into your imagined body just like a hand would fit into a glove....

Imagine yourself right now as being this person... You are this person.... You have become this person because this is the person that you want to be...

The moment of change is now... Right now, you have decided to shed behind your old shell... and you have transformed yourself into this new you.... You always become what you focus on and this is this now has become you.... This is what you want to become and have become.

Take a few moments now to imagine the new you.... Imagine how you now feel... Be emotional about it... Allow yourself to feel the excitement and happiness of now being confident in public... of now being social and being able to express yourself the way you've always wanted to... the way that you always knew you were inside...

Now rather than just being this confident, social person inside you've allowed it to come outside...

Now instead of only seeing this wonderful person for yourself... you're finally allowing other people to see this wonderful person as well...

You are confident... You are in control of yourself... You take responsibility for yourself and now act the way you want to be...

Congratulations in your new transformation...