

## EMBARRASSMENT

**Sweaty palms, that 'omg' feeling, racing heart.**

Embarrassment is your reaction to other people's thoughts about you – whether you farted in public or received a compliment!

How do you cope with it?

1. People don't notice as much as you think. You're not the centre of their universe – phew!
2. Don't apologise!  
Play it cool, deal with it, and smile!
3. Don't dwell on it – you are not defined by your mistakes

## REJECTION

**Everyone experiences this and it can hurt – badly.**

We often try to make sense of it by blaming ourselves. BUT, you can turn the pain around and use it to blossom

**Remember what is likeable about you  
Think of your three biggest accomplishments**

Then treat those injuries!

Sleep, eat good food, dance to your favourite song...boost your mood!

## APOLOGISING

**Saying sorry can be tough** – we worry about it and aren't sure how to do it.

Plan what you want to say. Be genuine but don't apologise for being you! Let the other person have their say, too, then let it go.

If you feel you deserve an apology, ask for one! If someone isn't prepared to say sorry, you might be best re-thinking if they are the right person to be in your life.

## AUTOMATIC THOUGHTS

...are thoughts, words, memories or images that just 'pop' into your head when your brain is trying to be helpful. However, these may be negative, distract you from reality or mess with your confidence.

Learning to notice and accept what's happening in your mind will allow you to replace unhelpful thoughts with positive, rational, ones instead. Here's how:

### Record – Let it out.

Write down the unpleasant thought or event.

### Rationalise – Label it.

Was your brain assuming something? Trying to read someone's mind? Making an impossible demand on you? Or, perhaps, creating a big fuss about nothing?

### Replace – What's the evidence?

Is it believable? Or beneficial? What would you say to a friend?

### Remember!

**DON'T BELIEVE EVERYTHING YOU THINK!  
IT'S ALL WORTH IT IF YOU GAIN  
A NEW FRIEND IN THE END**



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THANKS A  
MILLION



We'd like to thank the **Scottish Government Social Isolation and Loneliness Fund** for making this factsheet possible.

## TALKING ISN'T EASY!

Knowing what to say to someone new can be hard. It takes confidence and you want them to speak to you again! Have you ever just frozen and not said anything!?

This experience of fear or panic is called anxiety. It's a natural response when faced with something different or worrying. However, often anticipation is far worse than reality and you will feel better and calmer once you have taken the first step.

So, **YOU CAN** take control of your mind and **YOU CAN** make new friends!

Here's how:

1. Write your fears down. How does meeting people make you feel? What are you missing out on because of your fear?
2. Learn about what scares you. What is the worst that could happen? How likely is it to happen? What could you do if the worst did happen?
3. Breathe. Relax. Believe you can do it.
4. Talk it through with someone.
5. Remember you're in control!
6. Take little steps rather than one big one - get to know someone gradually over time.

## A WEE NOTE

It's okay if feelings of anxiety continue or worsen after difficult situations are over and speaking with someone you trust or visiting your GP will help you understand and cope even better in the future

# FRIENDSHIPS ARE BENEFICIAL

They help you understand yourself, have fun and provide support.

BUT I'M SHY!

So are around 30% of the population...it's okay!

These tips might help when you don't feel comfortable in social settings: have an escape plan, find a safe place, find other people feeling the same way!

CONFIDENCE ISN'T SOMETHING WE'RE BORN WITH. IT'S A MUSCLE WE MUST STRENGTHEN

YOUR VIBE ATTRACTS YOUR TRIBE

BE COOL BUT ALSO WARM AND APPROACHABLE

The more you put into friendships the more you get out of them – and it's important to choose your friends wisely.

## Have you heard of drains and radiators?

A drain is someone who:

takes you for granted, doesn't make time for you, is difficult to talk to, doesn't work as hard as you on your friendship, takes your energy leaving you feeling flat and tired.

A radiator is someone who:

makes you feel good, listens to you, makes time for you, respects and cares for you.

WHICH CATEGORY DO THE PEOPLE IN YOUR LIFE FALL INTO?

# TOP TIPS FOR HAVING A CONVERSATION

REMEMBER YOURSELF OF YOUR BEST QUALITIES:

I AM.... ;)

INTRODUCE YOURSELF:

HELLO, MY NAME IS... I'M... IT'S GREAT TO MEET YOU.

STARTING QUESTIONS:

"DID YOU ENJOY...?"

"WHAT DO YOU THINK ABOUT...?"

"HOW ARE YOU TODAY?"

TAKE A BREATH.

HOLD YOURSELF WELL:

SMILING HELPS EVERYBODY FEEL AT EASE;  
STAND TALL, DON'T SLOUCH;  
MAKE EYE CONTACT.

THINK ABOUT SOMETHING FUNNY TO CALM NERVES.

TRY TO:

SAY THEIR NAME, SPEAK CLEARLY, TAKE TURNS, LISTEN CAREFULLY, SAY SOMETHING BASED ON WHAT THEY JUST SAID, ENCOURAGE THEM TO TALK, ACCEPT AND GIVE COMPLIMENTS  
BE YOURSELF!

IT'S BEST IF YOU DECIDE NOT TO:

COVER YOUR MOUTH, STAND TOO CLOSE, OR TOO FAR, WORRY ABOUT SILENCES, INTERRUPT THE OTHER PERSON, SHARE TOO MUCH  
OR  
WORRY ABOUT WHAT THEY ARE THINKING ABOUT YOU.

TOPICS TO TALK ABOUT:

TV PROGRAMMES;  
HOLIDAYS;  
MUSIC;  
SPORTS RESULTS;  
SOMETHING YOU HAVE IN COMMON  
E.G. A CLASS OR CLUB;  
NEWS EVENTS  
SOMETHING GOING ON AROUND YOU, EVEN THE WEATHER!

IT HELPS TO KNOW HOW TO FINISH A CONVERSATION WHEN THE PERSON ISN'T ASKING QUESTIONS BACK, SOMEONE IS IN A RUSH OR WHEN IT FEELS RIGHT. FOR EXAMPLE:

WELL, I'D BETTER GO NOW BUT IT WAS LOVELY TO TALK TO YOU. SEE YOU SOON PERHAPS. BYE!