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Hello this will hopefully be the first of many e-books. Anyway this book is about a debilitating disease known as social phobia which I have suffered from most of my life. I will provide info on the disease and tips on how lesson the symptoms. To start with social phobia is just not about being shy it is much worse ruining peoples lives more than you can imagine. First off lest start with me. Because of it I had few friends no love life and only have a job because my parents have there on business which they don not own anymore but so far I've still got my job. Anyway there are many symptoms with social phobia they include such symptoms as

Blushing

feeling of loneliness

inability to go to the bathroom in public

eating in public

ect.

One of the main problems of people with social phobia is they are negative thinkers. They basically belittle themselves up over nothing for example someone my have to give a speech in front of a bunch of people and they are afraid they will screw it up and everyone will make fun of them even though nothing will probably happen. Anyway what I'm trying to say is that they automatically assume they are going to screw it up even though they probably will not basically they are jumping to conclusions.

So what can we do to solve this. One of the best ways to solve this is by changing are thinking to be more positive instead of negative. You can do this by writing down your negative thoughts for the day in say journal in one column and in the column next to it writing down something positive you could have said instead. Supposedly if you write down your negative & positive thoughts and you do it repeatedly days, months on end you should be able to trick you brain in to thinking move positive . The only problem is that you have to do it a long time before you see any results. But don't give up because it will get better. I know I've had problems doing this because I give in to easily. But I keep on trying and will eventually get better.

Hope this helps you. If you have any questions email me and I'll try and help you

Here's a couple of links for you they both offer courses they help rid you of your social phobia they are very good programs. I like them very much and you should also like them.

www.socialanxiety.com

www.socialanxietyinstitute.org

Thanks for reading my report. I eventually plan to write a e-book about depression which I also suffer from & a book about my life. Plus more e-books on other subjects.

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