



# The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence

By Jennifer Shannon LMFT

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## The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence By Jennifer Shannon LMFT

Wouldn't it be nice if you could just flick a switch and make your shyness go away? No more worrying about what others think about you, no more embarrassment in front of other people. You could just relax and feel comfortable and confident, the way you probably think everyone else feels.

If you struggle with shyness, you're all too familiar with the feeling of not knowing what to do or say, and you'll do anything to avoid feeling that way. But, most likely, you also know that you're missing out on a lot—friendships, potential relationships, and fun. You've chosen this book because you're ready to stop hiding behind your shyness and start enjoying everything life has to offer.

The worksheets and exercises in *The Shyness and Social Anxiety Workbook for Teens* will help you learn to handle awkward social situations with grace and confidence, so you can make real connections with people you want to get to know. Based in proven-effective cognitive behavioral therapy (CBT), the skills you learn will also help you speak up for yourself when you need to and stop dreading class projects that put you on the spot. Actually, there's no aspect of your life that this workbook won't help. So why let shyness rule your life one day longer? Let this workbook guide the way to a more confident, outgoing you.

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### Editorial Review

#### Review

“This book is superb! No longer will teens need to suffer with anxiety and be on the sidelines of life. Full of clear, effective, and engaging strategies, this workbook will show teens exactly what to do to overcome their fears and shyness and will reassure them that they are not alone. Truly, every teen struggles with these issues to varying degrees. All teenagers would benefit from reading this book.”

—Tamar Chansky, PhD, author of *Freeing Your Child from Anxiety* and *Freeing Yourself from Anxiety*

“With *The Shyness and Social Anxiety Workbook for Teens*, Jennifer Shannon has hit a bull’s-eye. Each page is fun, engaging, and filled with practical strategies to help teens break free from their social fears and worries. The book is certain to become an essential resource for teens, parents, and therapists. I highly recommend it.”

—Michael A. Tompkins, PhD, founding partner of the San Francisco Bay Area Center for Cognitive Therapy and author of *My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic*

“Teens who follow the steps described in this book can overcome shyness and social anxiety and change their life path. Shannon’s recommendations are based on the latest scientific findings, and are accompanied by delightful cartoons and drawings. An outstanding contribution.”

—Jacqueline B. Persons, PhD, director of the San Francisco Bay Area Center for Cognitive Therapy and clinical professor in the department of psychology at the University of California, Berkeley

“Good basic information on social anxiety as well as how to overcome it using cognitive behavioral therapy. The concise text and abundant illustrations make the book available, easy to grasp, and engaging for teens.”

—Edmund J. Bourne, PhD, author of *The Anxiety and Phobia Workbook*

“This practical and straightforward book is highly recommended for any teen who worries too much about being judged by others. These tried-and-true strategies have been shown over and over to be among the most effective methods for reducing social anxiety. Every teen who struggles with shyness should read this book!”

—Martin M. Antony, PhD, ABPP, chair of the department of psychology at Ryerson University and author of *The Shyness and Social Anxiety Workbook*

## About the Author

**Jennifer Shannon, LMFT**, is clinical director and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomat of the Academy of Cognitive Therapy.

Illustrator **Doug Shannon** is a freelance cartoonist. He illustrated *The Two-Step*, a book that has been translated into several languages. He authored the nationally syndicated cartoon strip *Claire and Weber* from 1997 to 2000.

Foreword writer **Christine A. Padesky, PhD**, is a clinical psychologist and director of the Center for Cognitive Therapy in Huntington Beach, CA. She has more than thirty years of experience using cognitive behavioral therapy and is coauthor of *Mind Over Mood* and other books. [www.mindovermood.com](http://www.mindovermood.com)

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#### Stephanie Bush:

*The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence* can be one of your starter books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to set every word into enjoyment arrangement in writing *The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence* yet doesn't forget the main place, giving the reader the

hottest in addition to based confirm resource details that maybe you can be one among it. This great information may drawn you into brand-new stage of crucial imagining.

**Charles Stubblefield:**

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