

## **SOCIAL FITNESS TRAINING**

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### **Four domains of shyness:**

- 1) behavior, which is either inhibited or overactive;**
- 2) physiological arousal that manifests in sweating, trembling,  
and increased heart rate**
- 3) maladaptive thinking patterns**
- 4) negative emotions, such as embarrassment, shame and guilt**

### **Vicious Cycles in Chronic Shyness:**

#### **Vicious cycle #1, Anxiety and Escape**

**•Subjective anxiety leads to negative automatic thoughts, which lead to increased anxiety, which leads to behavioral avoidance, which leads to increased anxiety in next situation.**

### **Vicious Cycle #2, Self-blame and Shame**

- **Self-blame for social failure produces shame, shame in turn produces more self-blame.**
- **Vicious cycle leads to increased vulnerability when enter the next social situation.**

### **Vicious Cycle #3, Other-blame and Anger**

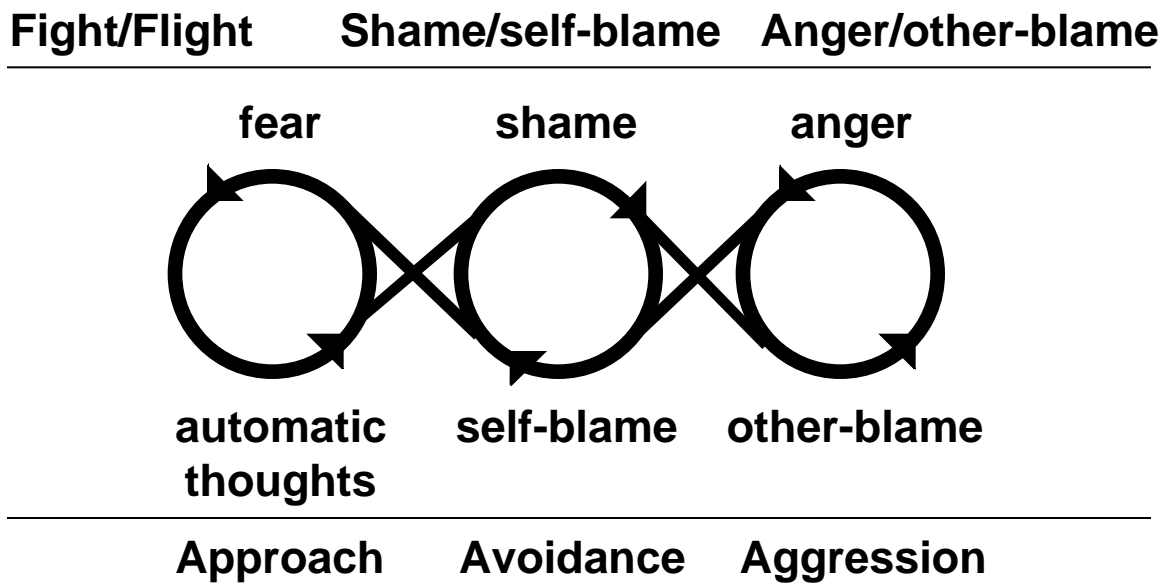
- **Shame is a painful affective state which is reduced by blaming others who are seen as more powerful and untrustworthy.**
- **Other-blaming attributions lead to negative beliefs about others, interfering with open-minded hypothesis-testing and forming and sustaining relationships.**

### **Role of Private Self-consciousness**

- **Private self-consciousness leads to seeing the self as others do, in general.**
- **However, during negative emotional states like fear, shame, or anger, private self-consciousness contributes to cognitive and *perceptual* distortions about one's behavior and others' reactions.**
- **Perceptual distortions are due to increased awareness of internal emotions and negative thoughts.**

## Self-concept Distortions and Distortions about Others

- **Self-blaming and other-blaming attributions may lead to negative beliefs about the self and others. These beliefs organize information. Increased articulation of biases in the self-concept and biases about others occurs.**
- **Negative beliefs operate outside awareness, so successful goal completion is discounted, as is progress toward long-term goals.**



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