

## Video Guide

### *THE PAIN OF SHYNESS*

20 minutes, color, 1986

1. About 40% of high school and college students report they are shy.
2. An unspecified percent report pain from being shy: "I suffer from it." "I miss out on the fun." "I am locked in a prison by shyness." Preschool children believe that the shy child is sad. Unspecified research indicates that the shy person is seen as not as good looking, less talented, and not as smart.
3. What are some of the behaviors of shy persons? Quiet, stands comfortably from others at 36 inches while others stand at 18 inches, less eye contact, less smiling, less touching, adopts a closed position, doesn't volunteer information, hangs back in new situations, have difficulty talking with persons beyond their family, have difficulty talking to the opposite sex.
4. What are the causes of shyness? **Little research has been done on this.**
5. **What can be done to help the shy person?**
  - a. Provide information about shyness and possible ways to decrease it.
  - b. Retrain children through reverse role playing.
  - c. Use systematic desensitization with adults which involves first relaxing and then thinking of situation where the person feels shy, after much practice of learning to relax in situations when thinking about shyness the person is taught to relax in actual situations, often through trying the behavior while relaxing.
  - d. Join a Shyness Therapy Group.
  - e. See a counselor for individual help to be able to engage in **nonschy** behaviors.
  - f. Enroll in a shyness class.
  - g. Read about shyness - see Zimbardo's **Shyness** and/or The **Shy Person**.
  - h. Observe people who are **nonschy** and imitate their actions.

### LEARNING OBJECTIVES

1. In what situation do you feel shy? (Personal)
  
  
  
  
  
  
  
  
  
  
2. In what ways might you become less shy in those situations? (application)
  
  
  
  
  
  
  
  
  
  
3. What are the two most important ideas you got from the videotape?
  - a.
  
  
  
  
  
  
  
  
  
  
  - b.