

Aim: Everyone feels fear, self-consciousness and embarrassment at times; there are some things that can help.

Do you think you are:

Confident or nervous?

Outgoing or shy?

Do you like being in a group or alone?

Do other people follow what you do or do you follow everyone else?

Do you make friends easily?

Do you have lots of friends or just a one or two?

Would you feel comfortable doing something in front of your church or school?

Do you feel embarrassed when you think everyone is looking at you?

Do you like answering the telephone?

Do you worry that people might laugh at you?

Have you ever said "no" when asked to do something because you were scared of being embarrassed?

Is there any of the above things that you wish you could change?

Most people feel embarrassed or self-conscious at some time or another, and chances are if you feel nervous about something, then other people do too, but there are some things you can do to help.

- **Pray**
- **Prepare & Practice** – Imagine if you have a test but you haven't studied for it – will you be more nervous than if you had studied?
- **Presentation** – How do you look? If you look clean, and neat, people will think you are more confident.
- **Just before:** Go to the toilet, have a little drink. If you have memorised something, give a copy to someone else who can prompt you if you have a mind blank.
- **During:**
 - Relax – take a deep breath, pause and smile.
 - Speak slowly if you have a speaking or reading part. – People who are nervous tend to talk extra fast, by consciously trying to talk slowly, your words will come out at normal speed and people will be able to understand.
 - Try not to say "um"; try not to fidget. **Do you have any "nervous" habits?** Try not to do them.
- **Pray** – anytime you feel really nervous or embarrassed; or you feel like panicking – pray.
- **Self-talk:**
 - Other people feel just as nervous.
 - You might feel hot, sweaty, your hearts racing, your stomach feels sick; all these things are really obvious to you, but not to any else. No one else can see these things so don't tell them.
 - Remember our Bible verse: Exodus 4:12
 - Pray
- **What if something embarrassing does happen? What if everyone laughs?**
 - Take a deep breath / calm down
 - Admit your mistake but act as if it's not a big deal
 - Don't make it worse – don't shout, run away, throw things or cry...
 - Laugh or smile if you can
 - Make a little joke
 - Most people tease or bully others because they like to see them react – if you don't react they will eventually get bored with it.

The church is a great place to learn self-confidence. – Volunteer to take part in the service by reading a bible verse, announcing or leading out in the song service or saying a prayer.

The more often you do something the less nervous you will feel; doing something in your church or as a part of a small group can make it less scary.

Read Philippians 4:13