

A silhouette of a person with their arms raised in a 'V' shape, set against a vibrant sunset sky with orange, yellow, and blue hues. The person is positioned at the bottom center of the frame.

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**POWERFUL TOOLS TO
STAY RELAXED AND
CONFIDENT IN PUBLIC**

by Peroz Shirzad

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ABOUT

In 2021, I bought a rope. I wasn't sure what I was thinking—I just knew I wanted everything to stop. The weight of social anxiety was crushing. Being in public felt like torture. The fear of judgment consumed me, and I saw no way out.

Before that, I had seen three therapists. Each diagnosed me with OCD, depression, and anxiety. But looking back, I realize none of them truly understood social anxiety—or the tools needed to overcome it.

That night, I came home and saw my niece—a beautiful soul. She felt my pain and hugged me. That single hug set me on a journey to find real answers.

Fast forward four years, and I've learned what truly works. I've read books, taken courses, worked with coaches, and tested everything firsthand. And through it all, I discovered that only a handful of things genuinely help you feel naturally calm and confident in public.

It's simple—so simple that anyone can do it. Yet, these tools are often overcomplicated, misunderstood, or rarely shared.

I'm deeply grateful for the teachers and authors who did the real work—who helped me feel at ease, not just around people, but in life.

Now, I want to share that with you.

If you're ready for simple yet powerful lessons, I can't wait to take you on this journey. These tools changed my life—and if you apply them, they'll change yours too.

Peroz Shirzad

WHAT'S PUBLIC SOCIAL ANXIETY?

We feel anxious and uncomfortable around people—in public spaces, on buses, in waiting rooms, or in crowds. This anxiety has made your world smaller, limiting where you go and what you do. You want the freedom to move through life with ease, but something holds you back.

Symptoms of Public Anxiety:

Mood:

Anxiety

Worry

Sadness

Anger

Physical:

Sweating

Shaking

Flushing/redness

Heart pounding

Behavioral:

Submissive posture

Speaking quietly

Walking timidly or too quickly

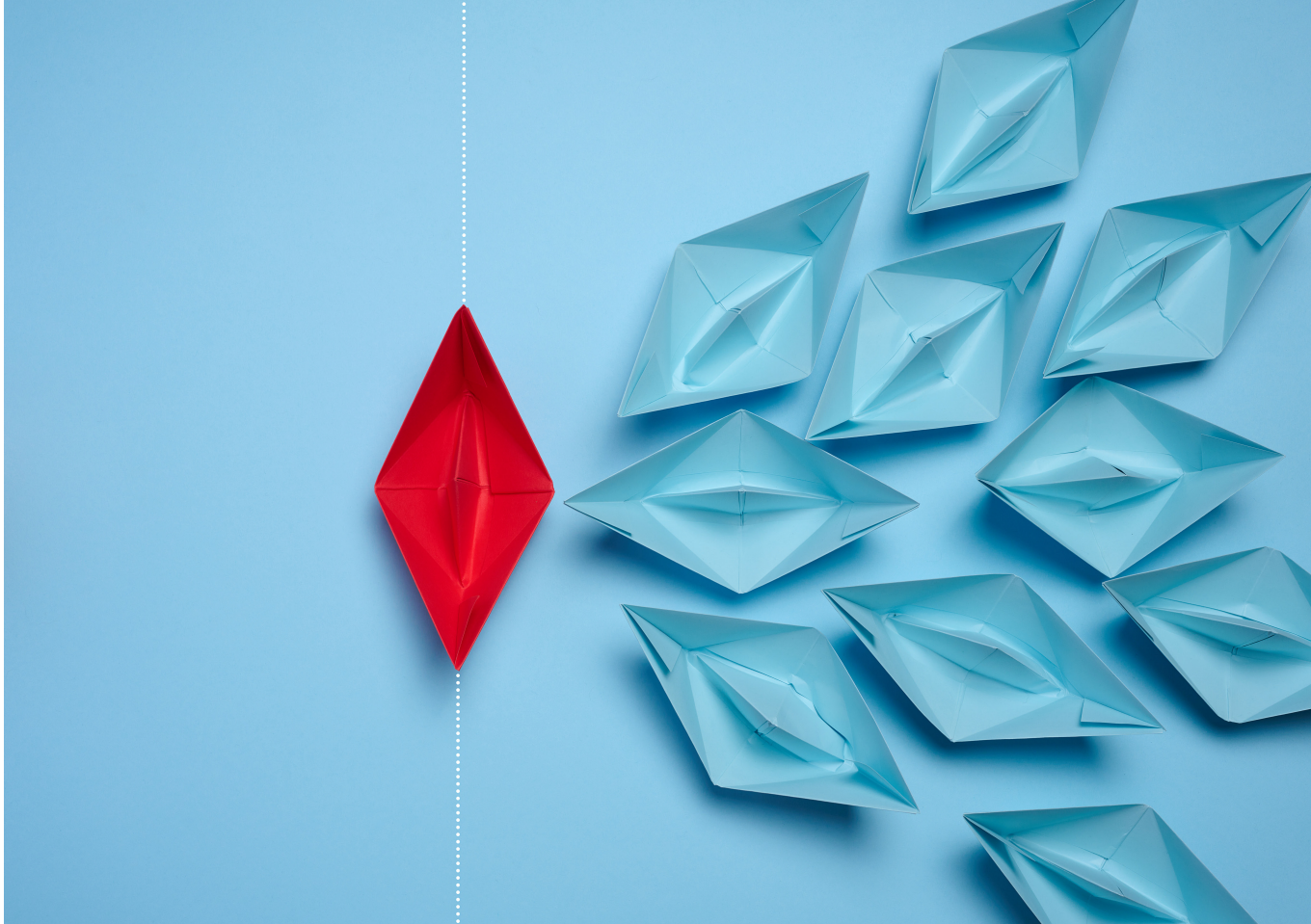
Covering your face

The good news? This can change.

Over the coming weeks, be aware of these symptoms and take notes in your journal.

**"DO THE THING YOU FEAR, AND THE DEATH OF FEAR IS
CERTAIN."
—RALPH WALDO EMERSON**





Why Do We Have This Problem in the First Place?

The root of social anxiety lies in the way we think. It stems from deeply ingrained negative beliefs—ideas we’ve picked up over time from our family, friends, peers, media, or culture.

As a child, I internalized certain messages from my experiences: I’m not social. I’m not good with people. I can’t make friends. I’m not enough. These beliefs shaped how I saw myself and kept me anxious for years.

When you carry thoughts like these into public settings, anxiety is automatic:

My walking looks weird.
My eye contact is awkward.
I sound stupid when I speak.
I don’t know how to relax.
I’m not enough.

I don’t know how to be social.
I’m a loser in public.

These thoughts don’t always sit in your conscious mind. Instead, they lurk in the background, surfacing whenever you’re around people—poking at you, triggering anxiety.

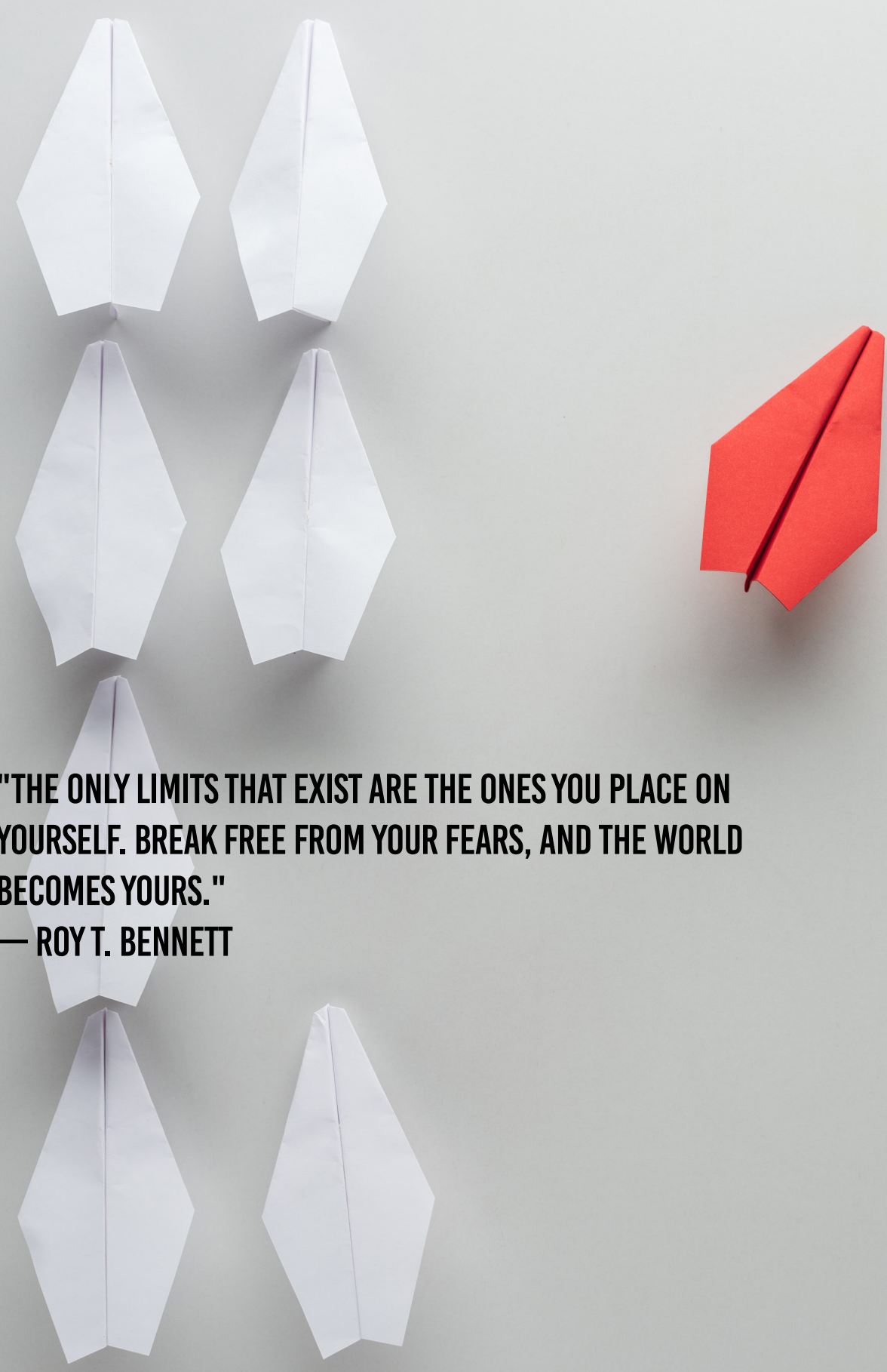
But here’s the truth: No matter where or when you learned these false beliefs, you have the power to replace them with new ones—beliefs that are true, empowering, and freeing.

The Role of Emotional Management

Beyond thoughts, how you handle emotions also plays a key role.

If you’re easily overwhelmed by anxiety or fear, it’s hard to stay relaxed in public. But if you learn to hold those emotions with self-compassion—without letting them control you—you naturally become more confident.

The good news? Both your thoughts and emotions can be transformed. And that’s exactly what we’ll dive into next.

The image features seven paper airplanes on a light gray background. Six white paper airplanes are arranged in two columns of three on the left side of the frame. A single red paper airplane is positioned on the right side, facing towards the left. The quote is centered in the lower-left area, partially overlapping the white airplanes.

**"THE ONLY LIMITS THAT EXIST ARE THE ONES YOU PLACE ON
YOURSELF. BREAK FREE FROM YOUR FEARS, AND THE WORLD
BECOMES YOURS."
— ROY T. BENNETT**

What Are the Solutions?

The solution, as you might have guessed, is to change your thoughts and beliefs. Easier said than done, right?

To truly free yourself from these limiting thoughts and replace them with new, confident beliefs, we'll turn to well-established methods in Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other therapeutic approaches.

1. Mindfulness

Mindfulness is about being fully aware of your current state—physically, emotionally, and mentally—and accepting yourself as you are. It's like the unconditional love a mother has for her child as they struggle to walk. She sees the struggle but accepts the child fully, without judgment. In the same way, you learn to accept your thoughts, feelings, and actions as they are, without resistance.

2. Self-Talk

This is a crucial skill. It involves talking to the part of you that believes the lies—those deeply ingrained negative beliefs about yourself. This part has plenty of evidence to convince you that you're not good enough. The key is to learn how to calm that inner voice and gently guide it toward new, empowering beliefs. Think of it like talking to a scared child, offering comfort and support, helping them see a new perspective. You nurture that inner child and watch it grow stronger each day.

3. Life-Style

This skill goes beyond changing your beliefs; it's about improving the lives of others by simply being around them. It's about cultivating empathy, calmness, and confidence in your daily interactions. You engage with strangers, help those in need, and embrace the simple act of walking out the door. Why not, right? By living with intention and positivity, you influence not just your own life but those around you as well.

Ready? Let's do it!

STEP 1: MINDFULNESS

To become confident in public and to enjoy walking, talking, and seeing the world, it's important to recognize that you are a universe by yourself. You are human, and once you become calm with yourself and “okay” with who you are, other people become less intimidating—they are just like you, only different in their choices.

To cultivate self-compassion and become comfortable in public, it's important to develop the innate talent we all possess: awareness. Some people even refer to this ability as a superpower. Awareness allows you to love and accept yourself right now, without needing to learn new skills, speak to others, or become “confident.”

The most widely accepted method for cultivating awareness is mindfulness meditation. This can be a daily habit of meditating for 10 minutes or more. You can start right now by simply following your breath with your awareness. Pay attention to the sensations in your lungs, throat, diaphragm, and nose. This practice teaches you to accept things as naturally as you accept your breath.

Another type of meditation is powerful to process any emotions present in your body. It involves following these emotions and allowing them to be.

Practice now: Close your eyes and find where you feel the most discomfort in your body. Focus on that area, just as you did with your breathing, and gently whisper to the sensation, “I love you, welcome.”

Homework:

1: Two weeks of emotion meditation: Imagine being in public, talking to people, and notice where you feel discomfort. For just 10 minutes, practice saying, “I love you, welcome,” to that discomfort.

2: Two weeks of 10 minutes mindfulness meditation: Find a calm place and practice mindfulness for at least 10 minutes. Follow your breath with your awareness, as soon you notice that you are thinking, without pushing the thoughts away, gently bring back to the breathing. This is the practice.

Enjoy ! - Feel free to share your experience and results with me:
Info@coachperoz.com or info@socialconfidence101.com

STEP 2: SELF TALK

Now that you understand it's okay to feel anything and sense anything, remember that you are human. You've learned many things as you've grown up, but you are not defined by your thoughts, especially the incorrect ones. These beliefs can arise in a split second, altering how you feel and how you respond to people. Changing your thoughts and then allowing yourself to feel your emotions will literally transform how you operate in the world. When dealing with negative beliefs, adopt the following attitudes to get the most benefit:

1. Awareness of your thoughts without judgment.
2. Loving that part of you, like a parent would love their child.
3. Responding to that part as a compassionate parent would.

Practice:

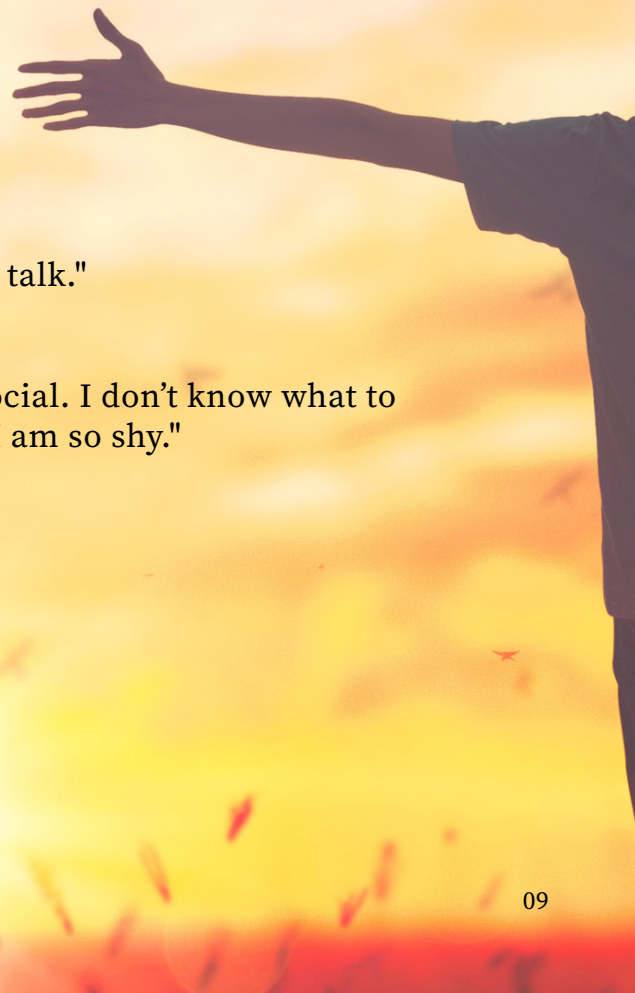
- Grab a pen and paper, or open a new document.
- Imagine the thoughts that might arise when you're around different types of people who make you feel uneasy.
- Write down any thoughts that come to mind.

For example, my thoughts were:

- "There are too many people."
- "I am not social."
- "I don't know what to do."
- "I am not good at this."
- "That girl looks cute, but I am so shy to say hi and talk."

Now, turn those thoughts into a dialogue:

Thoughts: "There are too many people. I am not social. I don't know what to do. I am not good at this. That girl looks cute, but I am so shy."



Response:

You: "I see that you're worried about being in public."

Scared part: "I am. There are so many people here, and I'm not sure what to do."

You: "Yes, there are many people. I'm sorry you're feeling so anxious. I love you. You are safe right now."

Scared part: "I know I'm safe, but I don't know how to be social."

You: "What do you mean you're not social? You can talk and you can listen—that's what socializing is, and you can do both."

Scared part: "I guess I can, but I feel so anxious around people."

You: "I understand, buddy. It makes sense why you'd feel anxious; most humans do in this situation. What's the worst thing that could happen?"

Scared part: "People might fight with me or push me away."

You: "That would be harsh and brutal, but most people don't want to fight or push someone. Realistically, what are the chances that would happen?"

Scared part: "Low, I know."

You: "I love you, and I assure you that you are safe here. You can talk to anyone."

As you noticed, there were several steps in this dialogue:

1. Acknowledging my scared part's suffering – This allows it to feel seen and understood.
2. Empathizing with its worries and concerns – This makes it feel loved and safe to open up more.
3. Clarifying and specifying the problem – This makes the problem as small as it truly is.
4. Problem-solving and reassurance – This helps bring the conversation to a complete conclusion.

As you practice this over a few weeks, you will notice a shift in your mood and perspective of the world and yourself. I assure you that if you do this, you will benefit greatly from it. Be intentional about it—just like with any exercise, you'll start as a beginner, but you'll improve over time.

You might ask, "How would a parent love and respond to a frightened child? I've never had good parents; they were never present in my life. I don't know how to do it."

The good news is that this ability is already within you as a human being. You already have the quality of being a good parent to your inner child; all you need to do is strengthen it. Here are some basics, powerful practices that I've learned and applied:

1.Acknowledgment – This attitude towards your inner child comes from understanding its worries. It can be as simple as saying, "Yes, it's tough," or "I know this is uncomfortable." It's not the specific words that matter but the intention and attitude behind them.

2.Listening without judgment – Have you ever felt annoyed when someone interrupts you just to speak their mind, leaving you feeling unheard? Unfortunately, we often do this to ourselves. This can be challenging at first, but simply writing down your thoughts without trying to solve them or provide an answer can be incredibly calming and powerful. Responses like "Hmm. Yeah. I see. Makes sense. Oh, really?" are effective.

3.Empathy – This attitude involves truly understanding the problem, not solving it, but acknowledging the truth of the situation. For example, if someone complains about poor sleep, instead of giving advice, it's better to express their struggle: "Yes, lack of sleep is tough. It gives us headaches and leaves us feeling less energized. I see your pain." This skill alone can change the course of an entire relationship. Empathy will improve your confidence. When writing down your thoughts, empathize with yourself—see that it's hard being in public, with too much noise, new faces, feeling alone, feeling cold, etc.

4.Problem-solving – This skill involves finding solutions and asking questions to see if the problem is big, realistic, and how it can be easily solved. Imagine a child says there's a monster under the bed. You might think about how to show the child that there is no monster. You could ask, "Why do you think there's a monster? Was it from a movie? Is it possible? There's no proof—no one has seen a monster in real life." You get the idea. Similarly, when

speaking to yourself about being in public and a part of you says you'll get into a fight or face some terrible outcome, try to problem-solve and see that these fears are often inaccurate and unrealistic.

5. Facing your fear – The ultimate way to overcome negative thoughts is to challenge them in real life. Just like someone who is afraid of bugs must hold a bug to overcome that fear, you must ask yourself what you would do if you weren't afraid in public—and then do those things.



**"Too many of us are not
living our dreams
because we are living
our fears." — Les Brown**

STEP 3: BUILDING CONFIDENCE THROUGH LIFESTYLE PRACTICES

To develop lifelong confidence wherever you go, it's essential to practice mindfulness and positive self-talk regularly. Aim for 4-7 days a week to make this a consistent habit for 12-16 weeks.


Confidence isn't just about being comfortable in public; it's about feeling assured and relaxed in any situation. To help you build this kind of sustainable confidence, start by asking yourself the following question:

"What would I do if I were confident, relaxed, and truly myself?"

Create a column like the one below, noting the level of discomfort each action brings on a scale from 1 to 10 (1 being second nature, 10 being debilitating to even think about).

What would I do if I were confident, relaxed, and myself?	Discomfort Level
I would talk to a random person.	
I would ask someone what time it is.	
I would say hi to anyone I want to in public.	
I would joke around with people.	
I would help someone cross the road.	
I would compliment a guy's hat.	
I would dance without headphones.	

Next, take action! Do each of these things repeatedly. Enjoy the process because this is the formula for building confidence in life. Confidence in any area comes from taking action. Our actions and choices shape the results we get.

A person's hand is reaching out towards a blurred green background. The hand is in the foreground, with fingers slightly spread. The background is a soft-focus outdoor scene with green foliage.

The only thing standing between you and those actions is your thoughts. But now, you've learned how to ease into action and face your fears with enjoyment, passion, and willingness.

For example, go up to a person and ask for the time five times in a row. Notice how your inner critic responds. Pay attention to your own voice and attitude. Then, do it again. I assure you that after just a few tries, you'll find that these actions become mundane, and you'll realize that people often appreciate courage and enjoy talking with others. You'll see that you're already more confident than you think.

While engaging in these challenges, keep in mind these simple tips and tricks:

1. See the World as a Collective: Don't focus on one person's facial expressions or attitudes. Some people might react negatively or treat you poorly, but remember, it's okay. Different opinions and reactions are natural.

2. Be Mindful of Three Things: Notice three aspects of the person you're interacting with, such as their clothes, facial features, or skin color. This simple exercise helps you stay grounded and less reactive.

3. Talk to People Everywhere You Go: Say hi, initiate a conversation about the weather, a recent game, the road, or even the Lord of the Rings. The sky is the limit!

4. Practice Half-Smiling: A half-smile is relaxing and radiates positive energy, both for you and the people you interact with.

That's it! The world is yours—go out and fill it with smiles!

THE END

When you apply the tips in this eBook, I assure you—you will see results. One of the most valuable lessons I've learned from Dr. Aziz Gazipura is that the more you step into discomfort, the more comfortable you become with it. Growth comes from leaning into what once felt impossible.

I wish you joy and confidence on this journey. I know it can feel long, but with simple tools, challenges can be overcome. As the saying goes, "A journey of a thousand miles begins with a single step."

If you ever need guidance or one-on-one coaching, I offer a simple yet powerful 12-week coaching program for social anxiety—a true passion of mine.

Visit CoachPeroz.com, and I'd be honored to help you navigate this journey.

I believe in you from afar, and I know there's so much more within you.

Best,
Peroz Shirzad

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