



# Mentoring Program

## Self-Healing & EGO Taming

### Course 6 Module 3 Lesson 5

#### ***“I'm Shy and Won't Know What to Say”***

**Ever say to yourself, “I’m too shy. I won’t know what to say?”**

Using the SUD Scale (0-10), indicate your level of distress when saying the statements below:

“I’m a shy person.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_

“I won’t know what to say.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_

“I have a fear of being “salesy.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_