

101 things to know about being an

Introvert

Give yourself permission to be you if you are one. Learn how to relate if you're not!



Diane Corriette

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If you are an introvert I hope knowing that this is just who you are helps you to be okay with yourself. If you are not an introvert I hope this gives you some peace of mind as to how to relate to us!

[Stepping Beyond Your Comfort Zone](#)

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Recommended products for shy introverts and those looking to build self confidence

“To free us from the expectations of others, to give us back to ourselves – there lies the great, singular power of self-respect”

Joan Didion

Introduction

When I heard what everyone said about extroverts. “Oh she’s so funny!” and “She’s so great to have around” I thought the best way to get people to like me and make friends was to “fake” myself into becoming an extrovert. After all I had faked my way into being self confident so there’s no reason it won’t work for this... right? Wrong! Shyness and a lack of self confidence is a learned behaviour. It is something I became because of my environment, thoughts and feelings. It can be changed. Being an introvert on the other hand is an inherent part of my personality and the only way to change that was to stop being me.

If I was going to keep my promise to myself and live life authentically then I was going to have to learn to be okay with me. Be okay with the fact that I am an introvert. That it takes me time to warm up to people. That my greatest source of relaxation and joy comes from being alone. That I don’t feel the need to be actively talking in every conversation or spend my time at night clubs when I hate them. That I am a thinker by nature and that if people think I am ‘boring’ because I am quiet that was their loss not mine.

I gave myself permission to be me. If you are a woman who thinks she may be an introvert or knows she is and is wondering what to do about it I hope this eBook is the beginning of you being okay with being you. If you work or live with an introvert I hope this gives you a better understanding as to how we roll. 😊

Diane Corriette

What Is An Introvert?

I first heard the term 'introvert' when I took a Myers Briggs test (INFJ) back in the mid 90s. I remember breathing a sigh of relief for the first time when I realised I wasn't strange and in fact there was a term to describe my type of personality.

Here are some of the ways and behaviours of an introvert:

- i. We are inward thinking – our world exists within and we get our energy and rejuvenate by being alone.
- ii. We dislike crowds and loud parties – preferring instead to spend our time out in nature, at home, writing in our journal, visiting museums and art galleries, walking and other activities that take us away from crowds
- iii. Our decisions are based on how we feel a lot of the time rather than logically thinking things through.
- iv. We like structure and we prefer things to be organised. We have set ways of doing things and it helps us when we can work through it in that way.
- v. We can be so in our own world that we may think we have replied to someone only to find that we haven't!
- vi. In decision making we like to get everyone's opinion rather than force our own opinion on everyone.
- vii. We take our time when it comes to making decisions. If someone asks a question we may go within to find the answer. Our silence is something mis-read as not caring or not wanting to give an answer. Most times we just need time to decide.

- viii. Even when we do think first we still need to run it past how we feel before we are ready to act.
- ix. We prefer one-to-one or small groups to larger groups full of people.
- x. Being super sensitive is one of our major weaknesses. Everything that people say we can make mean something personal about and/or against us.
- xi. We are happy to go off and do our own thing. If the rest of the group turn left, we turn right!
- xii. Conflict and arguments are two things we avoid like the plague. They have a negative effect on us that we correct by going inward or being alone (not a good response if you have just had an argument with someone!)
- xiii. We are not always great at being in the present moment and our thoughts tend to live in the future and the possibilities of what might be.

If you recognised yourself in some of the traits above then it is time to be okay with being you. There is actually nothing to do here, you just have to choose to accept who you are and if you aren't happy with life because you really do want to experience more be willing to push yourself out of your comfort zone and into the world.

Being introvert **does not mean you lack confidence or are shy** – these are two things that make us feel uncomfortable being with and around people. I never feel uncomfortable anymore no matter where I am so it is important to understand this next bit....

Not All Introverts Are Shy Or Lack Confidence

Contrary to popular belief not all introverts are shy or suffer from a lack of self confidence. I think our quiet nature as a child attracts that label from parents, teachers and friends but you can be an introvert and enjoy a great social life. All you need to do is be willing to step a little bit beyond your comfort zone.

I believe I felt awkward in the past about being an introvert because I learned how to feel wrong about being me. People would say “why aren’t you saying anything?” and “why don’t you talk much?” Teachers would say “she’s very quiet in class” and “Diane, why don’t you join in more?” – years and years of people always telling me I need to be different made me feel bad about being me. As I grew older I realised that feeling bad about being me is a learned behaviour and one I can get rid of and choose to give up, which I did as I began building my self confidence.

The next time you feel awkward about being an introvert because everyone is talking and you are not relax, breathe deep and tell yourself its okay to be you. The next time someone makes you feel bad about being you by complaining about your lack of participation let them know “I’m okay with my level of participation and if I feel the need to say or do more I definitely will” and go back to being you! Learning [how to be assertive](#) will not only help you to accept yourself more but will also help you deal with negative comments from other people.

The world celebrates extroverts and people who are “out there” and makes us feel bad about being thinkers and people who prefer their inner world. The thing to realise is that it is okay to be you.

I don’t need to have 50 friends. I have five very close ones and a bunch of people I know. I’m okay with that. I don’t want to hang out at busy night clubs and prefer to spend time at book signings or at home with friends. I won’t meet someone and a day later be calling them “my friend” – it takes me time to warm up to people but when I do call someone a friend they are in my life forever.

We are great people to know. We are leaders and carers, actors and writers, doctors and the powerful presence behind politicians 😊

Have fun being you.

101 things to know about being an introvert

So here's my list of 101 things I believe you need to know if you are an introvert so you can stop panicking about being different and just be yourself. If you are not an introvert I hope this gives you a better understanding of some of the things we do so we don't frustrate you as much.

Some of these are tongue-in-cheek and others more serious. At least 95% of them come from personal experience!

1. Still waters run deep. Make the time to get to know an introvert. You may be surprised by what you find and how much fun they are.
2. Being an introvert can be a label that we hide behind. Almost as if there is no hope for us. Be careful not to let it stop you from enjoying life.
3. When describing an introvert it is popular (and accurate) to say we are energised when we are alone and drained when we are with people for long lengths. A weekend training seminar is a nightmare for me so I use lunchtimes and breaks to recharge, which of course can isolate me from the group. Learning how to balance alone time and connecting with others is essential.
4. Let your boss know that ideas won't always come to you in the moment so if they want your input they may have to wait a few hours or even days afterward. While your extrovert colleagues will be shouting out ideas all over the place nothing may come to you but rest assured that it will. Be assertive enough to explain that to people. It will be worth waiting for because many introverts provide a considered response that can be uniquely innovative when given time.

5. If we say we want to be alone it doesn't mean you have to leave. Most times it just means we need time with our own thoughts.
6. We can work great with extroverts if they will only be quiet long enough to give us some time to think!
7. Most extroverts love us because they get to talk about themselves all the time and we don't actually mind.
8. Don't take our lack of excitement as a lack of interest. That isn't the case. We just don't feel the need to jump up and down with joy when you share your idea.
9. In social situations we may not have much to say but most of the time what we do say matters.
10. I have been called "aloof", "too serious", "boring" "loner", "withdrawn" and a bunch of other words. We are definitely not celebrated in a world of "warm, vibrant" extroverts **and if we can't celebrate ourselves why should we expect others to do so.**
11. I know myself to be an introvert who is self-reliant, independent, reflective and sensitive. That's something to celebrate.
12. Wearing a "mask" where you pretend to be an outgoing bubbly popular type is exhausting if you are an introvert. Learn how to relate to people without having to pretend to be something you are not.
13. When asked a question people expect a quick response. If you can't give them one just look at them and say "give me five minutes to think this through will you?" and let them wait.
14. Many people are uncomfortable being around introverts because we are okay with silence. In the past I found the quickest way to get rid of people I don't want to talk to is to just be silent. It freaks them out.

15. When I date extrovert men they interpret my quiet nature as me not having fun. One guy believed when we first met that I didn't like him because I was so quiet. Now I actually tell men if I go quiet its mainly because I am having such a great time!
16. We may not be comfortable at being on stage in front of a thousand people but we are brilliant at organising it all.
17. Yes we find social situations draining and alone time rejuvernating – what's wrong with that?
18. Being inner focused I am able to motivate myself and get things done. I don't have to wait for someone to tell me to go do it. I just do it.
19. Extroverts. An introvert may see you as “pushy”, “arrogant”, “bossy” – don't take it personally, it says more about them than it does you!
20. Introverts are not easily impressed so talking about how many of the latest gadgets you have won't engage us in conversation and we may even appear a little aloof. No we are not jealous. Just not interested.
21. An extrovert ex-boyfriend came to see me full of joy because he had “figured me out” – he had spent the day at a personality profiling workshop and realised when he asks me a question he needs to give me time to process an answer. After that day everytime he asked me something he would say “I'll give you some time... get back to me...”
Extroverts. Learning how to communicate with an introvert will save you hours of frustration and vice versa.
22. I have never dated an introvert man. When asked how come the only explanation I could think of is that I am a little old fashioned and like men to approach me. I don't chase men. So I guess finding myself a great introvert will only be possible if I change that view.

23. Some of us are predisposed to want to look before we leap so if you need a decision made about a project make sure you allow time.
24. Introverts have been an amazing contribution to the world – just look at Mother Theresa and Ghandi.
25. Because we spend so much time in our inner world introverts can be innovative and uniquely creative. Ask us for help then give us a day or two to come up with something and we usually will. Need an answer right there and in the moment – we are not always the best person to ask!
26. We are a misunderstood group us introverts and we can use that as an excuse to limit our own potential. Once you are old enough to understand your personality you are old enough to learn how to manage it.
27. It's really okay to be you – you are not weird!
28. If you stay true to yourself you will never end up dancing on tables but you will know how to have a great time.
29. Like it or not you are going to have to learn how to handle confrontation. Learn [how to be more assertive](#).
30. You are a deep thinker and deep thinkers have the potential to change the world. That's something worth celebrating.
31. Things don't always have to be perfect. Give up perfectionism and embrace “good enough is good” – it will help you learn to relax a little.
32. We may not thrive well in teams but we absolutely can contribute. Introverts who are given the space to say what they think and given time to think about what they have to say make great team players.

33. Pretending to be an extrovert is not the answer.
34. I have been an introvert without confidence/shy and I am now an introvert who is okay with taking part and joining in. It is possible to move from one to another.
35. Stop apologising about who you are. I used to do this a lot “sorry, I’m shy...” or “sorry, I’m an introvert...” as if it was something to be sorry about.
36. People will accept you or they won’t – that’s their choice. Learn to be okay with it because it says very little about you and more about them as a person.
37. Learn how to ask for what you want. Life is easier when you can do that.
38. You are or have the potential to be a great listener – in a world full of talkers that is something to celebrate.
39. If you have spent most of your life telling yourself you are shy maybe it is time to end that inner conversation. If you are not uncomfortable talking to people but you never say much then you might just be an introvert but you are not shy. If you are uncomfortable then you need to work on your own personal development.
40. Treat your introvert child(ren) with respect and teach them that it is okay to be who they are. Show them how to celebrate being themselves by being a great example for them to follow.
41. If anyone complains about your child being “quiet” or a “loner” don’t get defensive or upset about it. Take 5-7 points from this eBook and remember them well – then repeat them to that person why being an introvert is a great way to be.

42. Learn how to adapt so you can be more open because life really is more fun.
43. Take time out for yourself and don't ever feel guilty about it. There is nothing wrong with it and we get our best insights when we spend time in solitude.
44. If your child is an introvert it can help them make friends if you encourage them to invite people over. For goodness sake don't choose who those people should be, and avoid lumping them into the middle of a bunch of extroverts. Let them tell you who they would like to invite (if you have to invite them through their mother that's okay at first) and if they choose other "loners" be okay with that.
45. The film "The Sixth Sense" provided a great insight into a sensitive, intuitive, loving, wonderful, misunderstood introvert who "sees dead people" – putting that aside for one second think about the actor who played the young boy. That is a great portrayal of an introvert child. While yours may not see dead people they are happy in their own world.
46. Becoming an extrovert is not the 'antidote' to being okay with yourself. Being able to have fun and be around people, while also being happy to be alone and with your own thoughts is a much better way to tackle it.
47. When I first started building my self confidence I thought I had to become an extravert (or at least pretend) and I trained to become a teacher of adult education. As I hated people looking at me I figured if I put myself in front of people I will have to "get over it" – this is a little like throwing a non-swimmer into water and shouting "swim!" – it works but it is not always the best or easiest way to go about things.
48. Being an introvert shouldn't stop you from becoming famous. Famous introverts include Clint Eastwood, Meryl Streep, and Laurence Fishburne.

49. Personal growth is your friend. The more you learn about yourself the more you will learn to love who you are.
50. You are sensitive and that's okay. Just learn how to take constructive feedback and see it as a chance to be a better person.
51. The silent and moody treatment when you don't get your own way or you don't get your needs met is more of a turnoff than a turn on so learn how to assertively express yourself so you can say what you want to say.
52. Let go of all your grudges. Holding a grudge says more about you than it does the other person. They have probably forgotten about it already. If something upset you let the person know.
53. We don't often get seen as happy people but we have the potential to be. Spend time thinking about what makes you happy and do more of it.
54. Don't be intimidated by extroverts – they have their own set of issues.
55. Take yourself out of your comfort zone and do things that challenge you like organise an event or start a group.
56. It is not rejection if someone says no. They have just said no – deal with it and be okay with it.
57. It is not rejection if you say no to someone. You are just saying no – learn how to be able to say no to people and be okay with it.
58. We are more likely to be on the honor roll than on the cheer leading squad – be okay with that.
59. Being away from the group helps us feel a sense of security. Give us that space to not have lunch with our team members without making it mean we are not a 'team player'.

60. Be polite. Be assertive. Ask that colleague that stops you from working to just BE QUIET! (respectfully)
61. The fact that I don't talk to you is NOT because I consider myself too good to talk to you. It is because I don't know how and/or I need time to get to know you.
62. Believe it or not introverts we do intimidate people sometimes with our quiet, thinking ways. They see it as us being snobby and arrogant but that has more to do with them than us. Don't let that change who you are.
63. Two introverts in love can stay in all the time, watch movies and have fun together but at some point its also nice to look up and see what's happening in the world around you. Don't allow your love of alone time to cut you off from the world.
64. Extroverts stop judging us. Stop imposing your expectations of how we should behave upon us. Introverts learn to ignore what others expect of you and stop letting it get to you.
65. It is easy to feel as if we have a moral responsibility to care for everyone, to fix everyone, to organise everyone. We don't, stop that and let people fix their own problems.
66. **We don't need extroverts to adjust their thinking about who we are.** We need to embrace who we are so they can see we have adjusted our thinking. Only then can things change.
67. I confess. If a young person comes into my home and approaches me, greets me by saying hello and asks after my welfare I think its great. If they come in and follow meekly behind my child without even saying hello I think its rude and bad manners. I apologise to my fellow introverts if you were just too afraid to say hello but being an introvert does not excuse basic manners. Learn how to greet people so you can

stop hiding behind being quiet.

68. In a group conversation it is highly likely that an introvert is sitting there with a lot to say but they are saying it in their head. They are thinking about how they will respond. Introvert – say those thoughts out loud so you can contribute to the group.
69. Being an introvert is an inside job. Everything we do comes from the inside out. When you learn how to use that for your own personal growth you will experience real love and affection for yourself. When you don't you experience an inner prison that will keep you stuck.
70. Chances are there is something you want to share with the world either through words, paint or music. Let it out – people are waiting. It took me 35 years to finally say “what the hell” and promote my first eBook. Now I have written a few of them.
71. Some people will love what you do and others will hate it. That is a natural part of life for everyone who chooses to share their work with the world (or even their friends and family) – it is really easy to hide it rather than risk being the subject of negative criticism but then you “die with the music still inside you” – let it out, set it free, in the process you free yourself.
72. If you find being around extroverts at work a daily source of stress for you then learn how to manage that. Let them know you need to take yourself away for your own piece of mind and sanity. Its not them... its you (people love that one!)
73. Stop blaming the extrovert for your feelings of “tension” – no one can make you feel inferior or bad about yourself unless you let them. Recognise it is not about what the other person is doing but the meaning you assign to what was done.

74. Pretending to be chatty and talk more really isn't necessary in social situations no matter what anyone says.
75. Extroverts do NOT have to modify their behaviour. You need to stop thinking that you're life will be okay if an extrovert will only learn to "get" you – here's the news – they may never get us. Be okay with that and learn how to manage what people do so it doesn't have such a traumatic effect on you.
76. Are you sure you sent that email or left that important phone message? Some of us have a habit of being so much in our own world that we think about our responses to emails and we say them to ourselves but we actually forget to write it out and send it! Learn how to be in the present moment and get things done.
77. It is easy to want to be future forward for an introvert. We think mainly in terms of what may happen in the future or about future possibilities of what we want to enjoy. Meantime the present moment is slipping away right in front of us. Take the time to be here right now in the present moment. The best way to do that is to stop worrying, stop thinking about what might happen or what is going to happen. You will find when you stop living in the future all you have is now.
78. If like me you have spent years walking away from a conversation only to think "if only I had said that" give yourself a break. Either you will learn to contribute to a discussion as it happens (and it is worth learning how) or you won't but continually going over what you coulda, woulda, shoulda said or done is futile.
79. We are passionate people when you engage us in conversations about topics or things we love. Introverts be willing to share more about your passions. If you are looking to get to know more about an introvert find out if they have a passion and give them the space to talk freely about it.

80. If you are tired of hearing that there is something wrong with us simply because we are introverts then give up thinking there is something wrong with you simply because you are an introvert.
81. Meditation is an introverts best friend. You don't have to sit and chant for 45 minutes three times a day. Being able to breathe deeply, close your eyes and take 2-3 minutes out of your day can help make you feel better after a tough meeting or having to deal with a 'strong' character.
82. Never let anyone tell you they know how you need to behave.
83. This may come of somewhat of a relief for you to know but you are not alone. There are millions of us out there who all fall under the banner of being an "introvert" – you really are normal. 😊
84. Introverts can be seen as the biggest oxymoron around because we want to be alone but we love you and want you with us.
85. Don't take the weight of the world on to your shoulders – sometimes life just doesn't work out the way we want it to. Keep going and try again.
86. Be happy with the fact that you run a small business rather than a huge one as long as that is what you want.
87. Loosen up and don't take yourself so seriously all the time.
88. Getting information out of an introvert can be like getting blood out of a stone. Be patient with them and give them the space to open up in their own time and you will find them far more willing to talk than when they are pushed.
89. Just to contradict number 88 – sometimes introverts need to be pushed otherwise they will never try new experiences and will remain living in the status quo. The balance comes from learning when to push and

when to hold back – that only comes with trial and error.

90. Extraverts are NOT happier than introverts. Both can find themselves living a happy or unhappy life based on the choices they make.
91. It is easy to over compensate at parties and become the “smart girl” or the “funny girl” – next time you go to a party try just being “the girl” and see how people deal with it.
92. To an extrovert with a lack of self confidence you are an easy target. They will put you down and make fun of you so they can feel better about themselves. That says more about them than it does you.
93. Introverts will resist doing new things and putting themselves into certain situations but when pushed by their extravert friends/partners to do it they love it. That is one of the frustrating things about knowing introverts!
94. The world needs balance to keep going. Hot and cold, dark and light, introverts and extroverts. Let’s stop loving one over another – it is like favouring one child over another. We both have our qualities and life is far more interesting when we are both allowed to express them.
95. Stop thinking there is no such thing as a shy extrovert because there is – being an introvert has nothing to do with being shy (hopefully you understand that now) and everything to do with how we relate to people and where our energy comes from.
96. Have you ever loved someone in public after watching their videos or seeing them on TV and then when you meet them they are the complete opposite. Speakers, actors, authors sometimes have to become someone they are not in order to relate to the wider world.
97. I consider myself a positive person and I really dislike false positivity. Being positive doesn’t mean pretending the world is okay all the time. If

you an introverted personal development freak give up thinking everything's great. Sometimes life sucks – be okay with it.

98. We can drive ourselves too hard. I sat and wrote out this 101 eBook without taking a break and it took all day. That reminded me that sometimes we need to be a little easier on ourselves.
99. Introverts aren't unhappy because they are forced to live in an extroverts world but it can be used as a great excuse for keeping yourself unhappy. Neither are introverts unhappy because extroverts force us into feeling bad about ourselves. If you are saying stuff like that it is time to stop with the excuses. No one can make you feel inferior unless you allow them to – learn how to feel great about being you.
100. Only extroverts are successful. Seriously? If you believe that get a grip. Look up famous introverts online and I think you will find there are plenty of them out there.
101. Introverts. You do have some extrovert in you and it doesn't always have to come out as a result of too much alcohol! Learn how to embrace the extrovert in you and enjoy expressing that from time to time.

So, there you have it. 101 things you need to know whether you are an introvert or you know one. I understand that being an introvert is more about how I energise myself and less about my demeanour or how I relate to people.

When I was shy it was difficult to relate and I got myself through that. I will attend social events and I love meeting people but I don't feel the need to constantly talk. It is a lie and a misconception to believe that being an introvert means you can't be social and one you help to keep in place if you don't make an effort to participate in life and work on your own personal growth.

Years of being told you are shy may have made you that way but you can change that – and if you have a quiet child please stop telling them that!

As an introvert once you can define what makes you happy you will have something to work towards. Stop hiding behind your personality trait and start living.

Stepping beyond your comfort zone

“Be who you want to be...not what other people want to see”

Unknown

Many introverts believe they are how they are and they will never be able to socialise or that they need to become an extrovert and live contrary to their own personality. The truth is you can live a happy and fulfilled life as an introvert when you give up thinking you need to be different and learn to be okay being you.

In case you don't know

“The comfort zone is a behavioural state within which a person operates in an anxiety-neutral condition, using a limited set of behaviours to deliver a steady level of performance, usually without a sense of risk.”

That's a description I found on Wiki. Basically your comfort zone is part of your inner guidance system. We all have the ability to feel fear or happiness, we know what makes us sad or annoyed. When you learn more about yourself and pay attention to those feelings you will know when you are limiting yourself.

So, a friend calls and asks you to come to a huge party someone at work is throwing. If that immediately fills you with fear then that's your inner guidance system telling you that you are afraid. If you say “no thanks” because of that feeling of fear you have just kept yourself safe inside your comfort zone or your “anxiety-neutral condition” but if you say “Yes, I'll go along with you” and you allow yourself to feel the fear but you go ahead and attend anyway, then you are pushing yourself out of your comfort zone.

The key here is to feel fearful, or worried, or anxious and learn how to deal with those feelings by asking yourself questions. What am I anxious about? How can I help myself feel better about this event? Asking questions is a powerful way for introverts to learn about themselves.

You learn how to deal with those feelings and you go out and you enjoy yourself. There are also different techniques you can use.

The type of techniques that can help you overcome your fears, step out of your comfort zone and express yourself include:

- [Learning how to write and use affirmations](#)
- [Learning how to be more assertive](#)
- [Emotional Freedom Technique](#) (EFT)
- [Meditation](#)

The more you learn how to manage your negative emotions and act in spite of them being there the more you participate in life.

All I want to encourage you to do is to enjoy living life. Just because you are quiet or a thinker it doesn't mean you shouldn't socialise or enjoying travelling or even take part in large group activities.

You can do that without having to pretend to be "jolly" as well. Just be you.

"Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement"

Golda Meir

Recommended

A Beginners Guide To Assertiveness

The Art Of Respectfully Getting Your Own Way



Opening The Door To A More Confident You

Diane Corriette

A Beginners Guide To Assertiveness

Being an assertive woman is all about having power over yourself and your emotions not over others. Learn how to get what you want, express yourself confidently, say 'No' when you want to and finally put an end to the people pleasing cycle so you can be free to be you.

Click the link below to get your copy now

<http://inspirationalguidance.com/store/products/assertiveness-for-beginners/>

Using The Power Of Affirmations

How to write and use affirmations to build self confidence



Diane Corriette

Using The Power Of Affirmations

Are you searching for a way to build your self confidence using tools that you can master yourself without difficulty? Then you are in the right place because affirmations are one of those tools which is why I put together this step by step guide that will guide you towards learning about using the power of affirmations to build self confidence.

Click the link below to get your copy now

<http://inspirationalguidance.com/store/products/writing-affirmations-ebook/>

Emotional Freedom Technique

I have used this technique for years to help me overcome fear, worry and anxiety. Although I haven't written about it I can recommend a few places you can get products that will help you learn how to successfully use it

Click the links below to find out more about

[Emotional Freedom For You](#)

[EFT Therapy – Tapping For Success](#)

Meditation

Meditation isn't something you need to spend hours doing and once you master it you can sit for a few minutes, breathe deeply, and it will make all the difference to support you in your moments of being anxious. It is a technique worth learning

Click the link below to find out more about

[Ripple Effect Meditation](#)

“The privilege of a lifetime is to become who you truly are”

Carl Jung