

B	I	N	G	O
Social skills	Avoidance behavior	Fear of judgment	Self-consciousness	Positive affirmations
Exposure hierarchy	Social interactions	Relaxation exercises	Breathing techniques	Social anxiety
Cognitive-behavioral therapy (CBT)	Mindful breathing	FREE	Mindfulness	Self-help books
Panic attack	Self-compassion	Group therapy	Progressive muscle relaxation	Graded exposure
Comfort zone	Coping strategies	Public speaking	Exposure therapy	Self-acceptance

B	I	N	G	O
Social support	Self-esteem	Self-compassion	Relaxation exercises	Self-help books
Comfort zone	Coping strategies	Self-acceptance	Progressive muscle relaxation	Exposure hierarchy
Public speaking	Breathing techniques	FREE	Mindful breathing	Avoidance behavior
Positive affirmations	Social skills	Supportive circle	Exposure therapy	Cognitive-behavioral therapy (CBT)
Self-consciousness	Eye contact	Mindfulness	Fear of judgment	Group therapy

B	I	N	G	O
Public speaking	Exposure hierarchy	Self-compassion	Self-acceptance	Eye contact
Breathing techniques	Supportive circle	Fear of judgment	Social support	Social situations
Exposure therapy	Self-help books	FREE	Panic attack	Self-consciousness
Avoidance behavior	Coping strategies	Progressive muscle relaxation	Mindfulness	Medication
Social skills	Cognitive-behavioral therapy (CBT)	Social anxiety	Comfort zone	Social interactions