

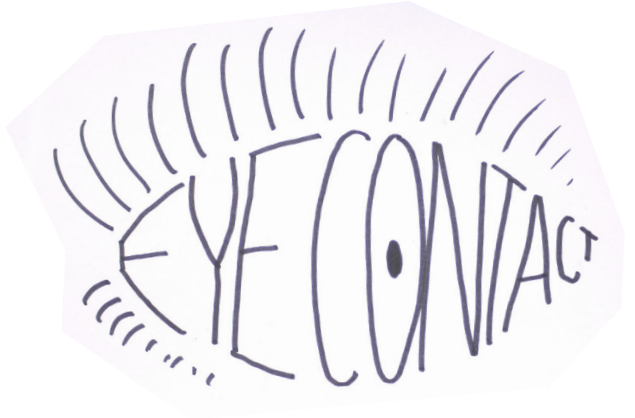
HOW TO BECOME SOCIALLY ANXIOUS

IN 5 EASY STEPS

CAUTION

1.

AVOID
AVOID
AVOID



2.

EPIC ADVENTURES

e.g

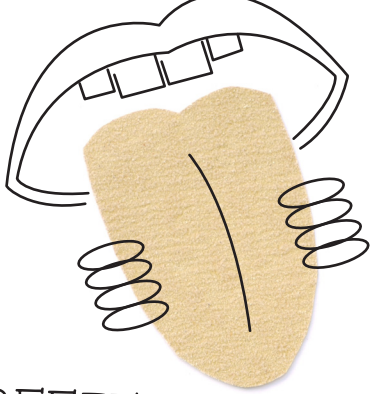
TREAT SIMPLE DAILY TASKS LIKE



AND THE



PHONE CALL!!!

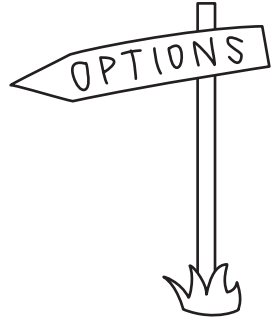


3 WHEN FACED WITH PUBLIC ATTENTION

SWEAT

FREEZE

SHAKE



DRY MOUTH

HEART POUNDING

BLUSH

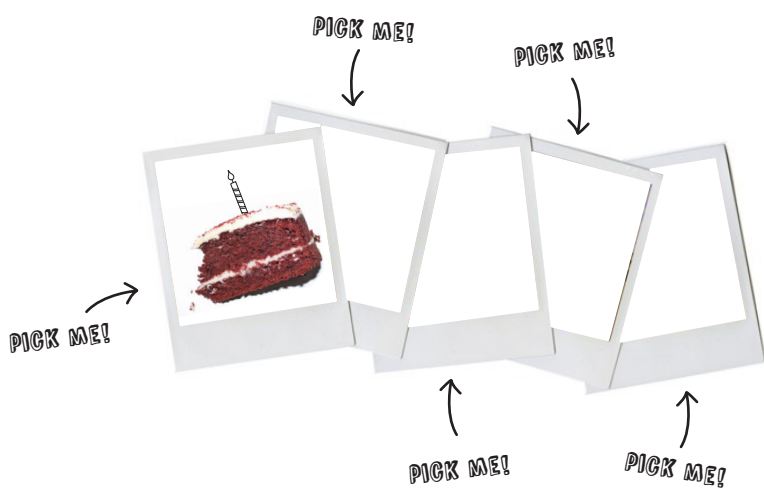
4.



+ NOPE! +

TIME TO STAY UP & THINK ABOUT ALL EMBARRASSING SOCIAL ENCOUNTERS FROM THE LAST

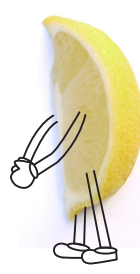
10 YEARS



5.

OVERTHINK everything

"OH COME ON, WHAT'S THE WORST THAT COULD HAPPEN?"



"GLAD YOU ASK AS I SPENT ALL NIGHT THINKING ABOUT THAT..."