

Fear of People & Public Places

Most of my life I have spent being quiet and nervous around people. I would generally not speak unless spoken to and refrain from conversation if I could help it. The very thought of being in public would send me into a state of anxiousness. I didn't have many friends as I wasn't able to engage in conversations without feeling out of place. Entering shopping centres or other public places would make me feel very nervous.

Since having EFT with Colin I'm more than excited about the opportunity to engage in the general public and look forward to meeting new and interesting people, who now say I'm friendly and outgoing. My family are now enjoying a more calm and relaxed me. Thank you.

Monica (Townsville)