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Secretly Shy

Introduction by Jade Joddle
Introvert Speaking Skills Specialist



I used to be in denial regarding my shyness. I reasoned that since I could handle myself in most (all?) social situations, then there was absolutely no way that I was shy. If I were a shy person, then I wouldn't have been brave enough to travel the world by myself or to have met so many new people along the way. The image of the blushing wallflower in the corner was not something that I could identify with.

Yet there was another side to me. Underneath my seemingly confident exterior, I was often painfully and secretly inhibited. I knew what to do in social situations but not how to be myself and stress-free within them. More than this, socialising rarely gave me any joy or pleasure: I felt like I had to pretend I was having a good time, when really I felt empty inside.

For me, the only enjoyable moments that came from socialising happened when I was able to express myself fully and freely in my own eccentric way. However, I rarely got to experience the peaceful, connected feeling that came when I was authentically expressing myself, as my ability to be open was quickly lost in certain group situations or when new people were present. As if a switch had been flicked to turn off my personality, I would become guarded, closed, and quiet. Whenever this happened, I felt trapped inside myself, bored and desperate to get away.

Secretly shy people experience a split between the impression they give of themselves when socialising and how they really feel on the inside. The secretly shy do not lack social skills: even if they were shy as children, they have learnt how to squash down their uncomfortable feelings and to get on with life. However, just because a secretly shy

person knows how to socialise, it doesn't mean that being social is enjoyable for him or her. Underneath the confident exterior of a secretly shy person, a painful and disconnected feeling of social awkwardness is to be found.

By taking the Secret Shyness Test, you will get to reflect upon how and in what ways your personality may be secretly shy. The questions look to analyse ways in which the secretly shy experience blocks that limit their ability to express themselves and to feel connected within the social moment.

Following the Test

If your results show that you are secretly shy, links for further information are included in the final page of this test booklet. All the information is based on my personal journey as a secretly shy person.

Please note: my video and article advice does not tell you what to do or say in a social situation so that you can become more popular or outgoing. The focus of my work is instead on expressing one's authentic individuality. This requires smashing through the thick wall of communication blocks that shape us to be quiet, guarded, and closed in uncomfortable social situations.

Now let's begin the test!

Yours sincerely,
Jade Joddle

Test Instructions

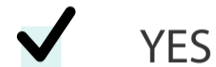
What to Do

To take the Secret Shyness Test, reflect honestly on your social personality as you answer the test questions. Some of the questions will also ask you to reflect on your upbringing, as this has a more general impact on how you are able to express emotion.

Example:

Sign 1 - Poker Face

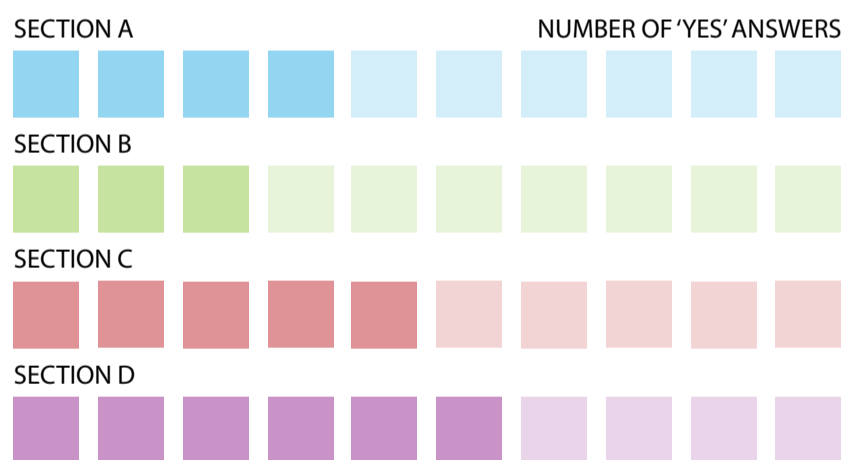
Your hard-to-read expression tends not to give away what you are really thinking or feeling inside.



There are 4 sections (A, B, C, D) in the Secret Shyness Test, and a total of 40 signs. Each of the signs is an indicator of a block that stands in the way to your open self-expression. For each sign, simply reflect on whether it is true in your experience. If the sign is true for you, then tick 'YES' in the box that appears to the right of the question. At the end of each section, calculate your score for the section, out of 10.

When you have finished the Secret Shyness Test and have a score out of 10 for each of the 4 sections, use the Score and Answer Grid on page 11 to fill in your results. Your completed Score and Answer Grid will give you a visual representation of how and in what way you may be secretly shy. Here you will also see that each of the test sections – A, B, C, and D – corresponds to a specific category of blocks that may be constraining your social self. The category titles are to be revealed after you take the test, so as not to influence your results.

Completed Example of a Score and Answer Grid



To complete your Score and Answer Grid, colour in a square starting from the bottom of the grid for each of the 'YES' signs you scored in each of the sections. You may find that you need to fill in the maximum number of squares possible (10 squares) for a section because all signs were true in your experience. For other sections you may find that you have just a couple of squares to fill in or no signs at all to fill in, depending on your personal experience.

The Introvert Pledge – Introvert Poem

I see a hard shell.
We all have one, though yours is thicker than most.
I can tell things haven't been easy for you.
How does it feel to carry that thing around with you all the time?
"It's heavy. I'm tired."
I want you to imagine how you would feel without it.
Liberated from that hulk you've schleping around forever.
"Vulnerable. Naked."
It's scary to shed what you have always known.
Bitter-sweetly exposing yourself in chunks and splinters.
Facing once-perceived ugliness and transforming it.
Healing what's broken,
Moving towards freedom.
Catching slivers and glimpses now -
Transfixing, inspiring
Nakedly authentic:
Your shell is smashed.

By Jade Joddle

Secret Shyness Test

Take the Test

Take your time to reflect on your social personality. There are 40 questions to answer in the Secret Shyness Test. Each page is one section of the test. Be sure to add up your total of 'YES' answers at the bottom of each individual section/page.

SECTION - A

Sign 1 – Poker Face

Your hard-to-read expression tends not to give away what you are really thinking or feeling inside.

YES

Sign 2 – Monotone Voice

Your voice lacks emotional expressiveness and variety of tone.

YES

Sign 3 – The Grey Zone

It's as if your feelings are muted. You can't feel either positive or negative emotions all that strongly.

YES

Sign 4 – Constant Business

You tend to be occupied in one activity or another throughout the day. You find it hard to simply do nothing.

YES

Sign 5 – Crying Is Not Okay

When you were a child you were told off for expressing strong emotion. E.g. Don't be a cry baby.

YES

Sign 6 – Secret Feelings

When you were growing up, sad feelings in particular were not talked about in your family.

YES

Sign 7 – Numbing Depression

You have at some point in your life experienced a depression in which you could not feel anything.

YES

Sign 8 – Suppressed Anger

You have a strong negative reaction to displays of anger, so you try your best not to get angry with people.

YES

Sign 9 – Seriousness

You don't really know how to be playful, silly, or light-hearted.

YES

Sign 10 – Annoying People

People who are particularly expressive in their use of facial expression are annoying to you.

YES

TOTAL

SECTION - B

Sign 1 – Personality Dulling

When meeting new people, your personality loses its edge. It may become bland, polite, or boring.

YES

Sign 2 – Nobody Knows You

Your friends have the wrong idea of you. They don't know what you're really like inside.

YES

Sign 3 – Feeling Alone

Even with friends you feel lonely and disconnected in the social moment.

YES

Sign 4 – No Pleasure

You can only pretend to enjoy socialising but on the inside it does not give you pleasure.

YES

Sign 5 – Feeling Interrogated

You clam up when being asked personal questions about your life. You prefer to volunteer information when the moment is right.

YES

Sign 6 – Focus On The Other

In conversation you actively focus attention on the other person to avoid sharing about your own life.

YES

Sign 7 – Secret Squirrel

You are generally resistant to small talk and tend to shut down attempts to chat by giving short, vague replies.

YES

Sign 8 – Physical Space

Physically touching friends or family is awkward for you. E.g. You may slightly recoil from hugs.

YES

Sign 9 – Stingy "I love you"

You find it hard to express the words "I love you" – you believe these words are best said only seldomly.

YES

Sign 10 – Not Approachable

You are rarely approached by strangers wishing to chat or by those in need of information, e.g. people asking for directions.

YES

TOTAL

SECTION - C

Sign 1 – Keep Moving

There is a lot of movement and change in your life. On some level you like how this stalls relationships from deepening.

YES

Sign 2 – No Following

You are resistant to joining in or following along within a group of people.

YES

Sign 3 – Too Busy For Friends

You generally don't have time for socialising.

YES

Sign 4 – Private Space

You tend not to invite friends into your home.

YES

Sign 5 – Breathing Space

You put on the breaks when friends wish to socialise more frequently than you are comfortable with.

YES

Sign 6 – Take A Step Back

You stop going to a group activity if you begin to become too well known or established within the group. E.g. Exercise class.

YES

Sign 7 – Not A Shoulder To Cry On

Friends usually don't come to you with their problems or burdens.

YES

Sign 8 – Fiercely Independent

You value independence more highly than close relationships.

YES

Sign 9 – Fear of Smothering

When someone appears to be needy for your time or attention, you withdraw, to keep your distance from them.

YES

Sign 10 – One Foot Out The Door

You struggle to fully commit to a relationship.

YES

TOTAL

SECTION - D

Sign 1 – Show Your Best Self

You avoid opportunities to socialise unless you are in a good mood and can present your best self.

YES

Sign 2 – Mind Is Blank

When in conversation with people you don't have a sense of connection with, you awkwardly can't think of anything to say.

YES

Sign 3 – Turning Inwards

You retreat into a reserved and guarded shell when you feel unaccepted or as if you don't belong somewhere. E.g. Group of random people.

YES

Sign 4 – Separate Friends

You prefer for your different friends not to meet. You feel uncomfortable bringing everyone together. E.g. Birthday parties.

YES

Sign 5 – Shutting People Out

When there is someone you don't like, you exclude them from your life or avoid situations where they will be present.

YES

Sign 6 – Shape-Shifter

You reveal different aspects of your character to your different friends. In some way it's as if they don't know the same person.

YES

Sign 7 – Hiding What's Unique

You don't reveal your imaginative or eccentric side to most people.

YES

Sign 8 – Fragile Ego

You take criticism to heart and tend to get defensive when criticised. E.g. you take it personally when someone disagrees with your opinion.

YES

Sign 9 – Mind Reading

When getting to know someone you try to imagine and intuit what the person really thinks/feels about you.

YES

Sign 10 – I'll Do That

You prefer it when your partner doesn't try to help with 'your' household work E.g. cooking or cleaning.

YES

TOTAL

Score and Answer Grid

Fill in your Results

Fill in one square of the Score and Answer Grid for every 'YES' sign you got in each of the sections.

A - EXPRESSING FEELINGS BLOCKS SIGNS

NUMBER OF 'YES' ANSWERS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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B - SOCIAL CONNECTION BLOCKS SIGNS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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C - INTIMACY BLOCKS SIGNS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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D - SELF-CONSCIOUSNESS BLOCKS SIGNS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Further Study

Recommended Links

Expressing Feelings Blocks Links

[Why Am I Emotionally Numb?](#)

[How To Show Your Passion](#)

[My Secret Shyness](#)

Social Connection Blocks Links

[How To Do Small Talk When You Hate It](#)

[Introvert Pain](#)

[10 Ways To Overcome Shyness](#)

Intimacy Blocks Links

[Social Avoidance And Perfectionism](#)

[Withdrawing Into The Introvert Cave](#)

[I Want To Be Alone](#)

Self-Consciousness Links

[I Can't Be Myself](#)

[10 Awkward Moments Introverts Know](#)

[10 Signs You're and Introvert](#)