



TACKLING SOCIETY

Do YOU?

- DECLINE INVITATIONS BECAUSE YOU FEEL **UNCOMFORTABLE AROUND OTHERS** ?
 - **WORRY TOO MUCH** ABOUT WHAT OTHERS THINK OF YOU ?
 - **AVOID PEOPLE, SITUATIONS, OR CASUAL CONVERSATION** BECAUSE OF YOUR ANXIETY?
 - WORRY THAT OTHERS **MIGHT NOT LIKE YOU OR REJECT YOU** ?
 - WORRY EXCESSIVELY ABOUT **EMBARRASSING YOURSELF IN FRONT OF PEOPLE** OR BEING CRITICIZED BY THEM?
 - WORRY ABOUT **BLUSHING OR LOOKING NERVOUS** IN FRONT OF OTHERS ?
 - HAVE DIFFICULTY **STATING YOUR OPINION OR DISAGREEING** WITH OTHERS?
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IF YOU DO, THEN
TACKLING SOCIETY IS FOR YOU!

COUNSELING CENTER

TACKLING SOCIETY

- DESIGNED SPECIFICALLY **FOR JMU STUDENTS**
- **FIVE ONE-HOUR** SESSIONS
- **EVIDENCE-BASED SKILLS** AND STRATEGIES
- DESIGNED TO **REDUCE SOCIAL ANXIETY, INCREASE CONNECTION & SOCIAL INTERACTION, AND IMPROVE CONFIDENCE & ASSERTIVENESS**
- **QUICKEST AND MOST EFFICIENT WAY** TO ADDRESS SOCIAL ANXIETY SYMPTOMS

HIGHLY RECOMMENDED BY CC CLINICIANS. THE CC TREATMENT PROGRAMS WERE THE WINNERS OF THE 2015 SAUP PROGRAM OF THE YEAR AWARD

IF YOU WOULD LIKE MORE INFORMATION ABOUT THIS PROGRAM, PLEASE CONTACT THE CC FRONT DESK (540) 568-6552 AND ASK ABOUT **TACKLING SOCIETY.**

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