

# Shyness

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October 6, 2025

## RECOMMENDED CITATION

mohammad looti (2025). *Shyness*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=35164>

Shyness is a feeling of anxiety and choosing to withdraw in social situations, especially around people we don't know. A shy person may be overly self-conscious (for example, they're not sure what to say, or they're too worried about their appearance), and they may sweat or experience an upset stomach when interacting with others. Severe shyness is associated with low self-confidence and can impact people's ability to form relationships and to function at work.

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