

DR. GLOVER'S 8-POINT PLAN FOR TACKLING APPROACH ANXIETY

1. Get a therapist or coach. Work on your self-image, your toxic shame, your perfectionism, and any resentment you have towards women. Even if you're broke, there are ways. Find a way to get the help you need. You're worth it. And we all have issues.
2. Learn more effective social skills. If necessary, hire someone to teach you these skills.
3. Learn to soothe yourself from the inside. Even babies soothe themselves. And if babies can do it, so can you. Learn to calm the anxiety in your head enough so you can take meaningful action. Breathe. Take deep, slow breaths from your gut. Tell yourself you'll handle it.
4. Get out of your head. Thinking causes anxiety, acting drowns it out. Overanalyzing causes more anxiety.
5. Take action. There is no substitute for this. *Get out of the house, expand your route, linger in public, talk to everyone you meet, test for interest, walk through the open doors.*
6. Practice, practice, practice. And practice some more. Talk to everyone, not just beautiful women. *What amateurs call genius; professionals call practice.*
7. Let go of attachment to outcome.
8. Enjoy the adventure of life. Because that's what life is. Get up every morning primed for an adventure. Put yourself in new situations and soothe yourself. That's when the fun begins.