

# *Overcoming Shyness*

## 克服害羞



Shyness is usually a combination of fear and self-consciousness. When we're shy, it's often because we're worried about what other people might say or think about us, especially if we've heard it before or think it ourselves. Maybe we think we're too tall or too short, or too fat or too thin, or ugly, or whatever.

害羞，通常是恐惧和自我意识的综合体。我们害羞，经常是因为在担心别人对我们的看法或想法，尤其是如果我们以前曾听过那样的说法，或是自己曾有过那样的想法。也许我们认为自己太高或太矮，太胖或太瘦，或长得太丑等等。



How can we overcome shyness and timidity? One way is to forget about ourselves. When we stop worrying about all the things we think others would like us to be and instead are content with the way God made us, then we will stop worrying so much about the opinions of others.

我们怎样才能克服害羞和胆怯呢？其中一个办法，就是忘记自己。当我们不再担心我们认为别人想要我们怎样，而是满足于上帝创造我们的模样时，我们就不会再那么担忧别人对我们的看法了。



Overcoming shyness isn't just something you should do for yourself; it's also part of being a contributing member of society. When you have a thought or idea that deserves to be heard, you're not only hurting yourself by keeping quiet, you're hurting the people around you.

Other people need you. They need your intelligence and insight. They need your help to work through problems. By hiding behind shyness, you limit the help you can give to your friends and family members.

克服害羞，不仅是你应该为自己做的事；它也是身为一名对社会有贡献的成员应做的一部分。有一个当让别人知道的想法或主意，却保持沉默，不仅是在伤害自己，也在伤害周围的人。

别人需要你。他们需要你的才智和真知灼见。他们需要你的帮助，来解决问题。躲藏在害羞后面，你就限制了你能给予朋友和家人的帮助。



No one wants to be met by a cold stare of rejection, but if you spend your life avoiding rejection, you will never get very far or accomplish much. Step out. Nothing ventured, nothing gained.

没有人想要面对被人拒绝的冰冷眼光，然而，你若把时间花在避免遭受拒绝上，你永远也走不了多远，或创造多少成就。勇敢的跨出去吧。没有冒险，就没有斩获。

