

Tips on overcoming fear

1. pay attention to the actions of other people, not just what they say
2. ask the other person what they feel, and what they want, as often as possible
3. dabble in living in the moment and relaxation through meditation, even if not good at it
4. practice reflecting before acting, and engage in exercise while reflecting
5. when all else fails, there is always anti-anxiety medication, or even antidepressants

See [My life with aspergers](#) for the full article.