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Blushing Breakthrough: How to Stop Blushing and take control of your life

I will tell you a true story. If you believe me you will be well rewarded. If you don't believe me, I will make it worth your while to change your mind. Let me explain.

Two years ago I sat opposite a date. My hands were trembling and my heart was pounding. I was uncomfortable and so was she, who wouldn't be - I was a total mess. I was trying to maintain eye contact but each time I caught her eye, my face became brighter and redder, so I just stopped looking at her. I felt terrible. She asked if I was ok, I lied and said yes. The conversation was awkward and when the dinner was over, we were both relieved.

These embarrassing situations used to happen to me DAILY. Knowing I had a problem with blushing and focusing on it only seemed to make matters worse. I felt that I couldn't talk to anyone about it and I spiraled into a deep depression.

I started holing up in my room and began avoiding work, friends and family. I was at one of the lowest points in my life and I felt pathetic. What made it worse was that I knew other people would see my problem as silly and so I spoke to no one about it. Instead I started searching for a cure by myself.

I thought I could hide my blushing with make up. As a man I had never done this before and applying facial cream seemed like a smart idea at the time. I walked into a local cosmetics store and bought a skin toner, went into the bathroom and applied it onto my face. I looked like a zombie but I thought at least no one would notice me if I blushed...

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