

A woman with blonde hair tied in a bun is climbing a blue rope. A man with a beard, wearing a blue plaid shirt, is assisting her by holding her shoulder. The background consists of green trees and foliage.

**YO GOTO**

**@RIKKEKOBLAUCH**

**PRODUCT DESIGNER**



Address  Links





**PERFEGG**  
**ON THE APP STORE**







# **SOCIAL ANXIETY**







**Jason Gay** ✓

@jasongay



Følg

There's a guy in this coffee shop sitting at a table, not on his phone, not on a laptop, just drinking coffee, like a psychopath.

🌐 Vis oversættelse

RETWEETS

**33.067**

LIKES

**35.440**



15.35 - 22. sep. 2015





**AVOIDANCE**  
**ESCAPE**  
**SAFETY**  
**AWKWARD**

**SO, WHY?**



**IT'S NOT A FEATURE**  
**IT'S A BUG**

**SO, WHO?**





# **EXPOSURE THERAPY**



Rikke Koblauch @Rikkekoblauch · 15. mar.

I'm out of my comfort zone AF, high fiving strangers and writing blog posts! 🙏



How high fiving strangers helps me design products

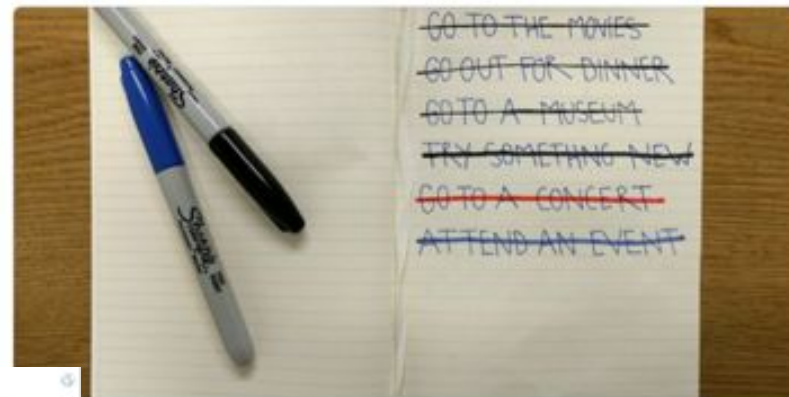
In November 2015 I attended Producthunt Hac 100 designers, developers and startup interest  
medium.com

🔄 4 ❤️ 8 📊



Rikke Koblauch @Rikkekoblauch · 18. maj

Wrote a blogpost about throwing pots, Lindy Hop and overcoming anxieties. Give it a read!



anxieties, throw a pot!

feedback on my previous blogpost, I went to a restaurant by myself..  
a psychopath have been more than I could wish for. People...

ium.com

🔄 2 ❤️ 2 📊 ...



Rikke Koblauch @Rikkekoblauch · 19. apr.

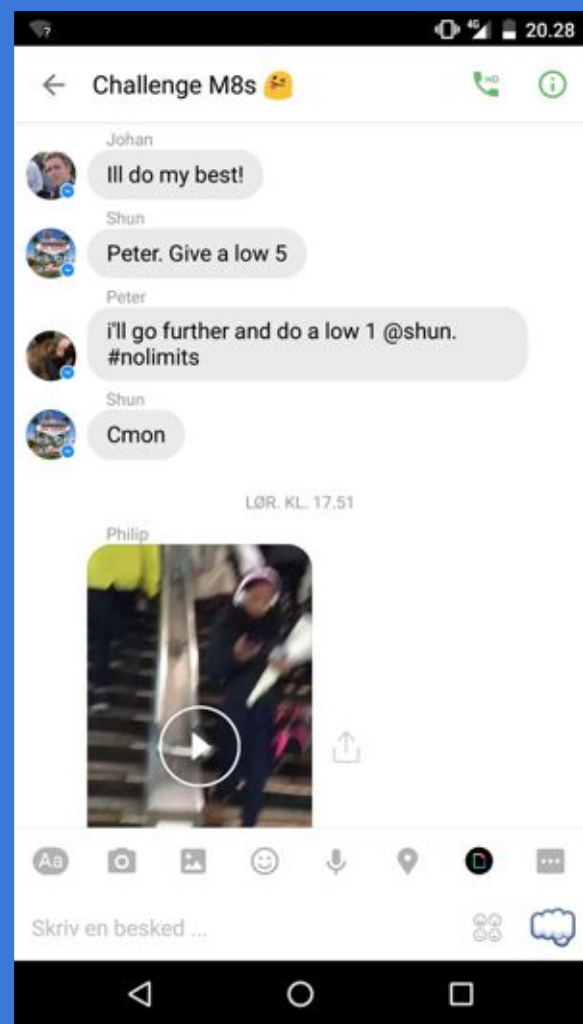
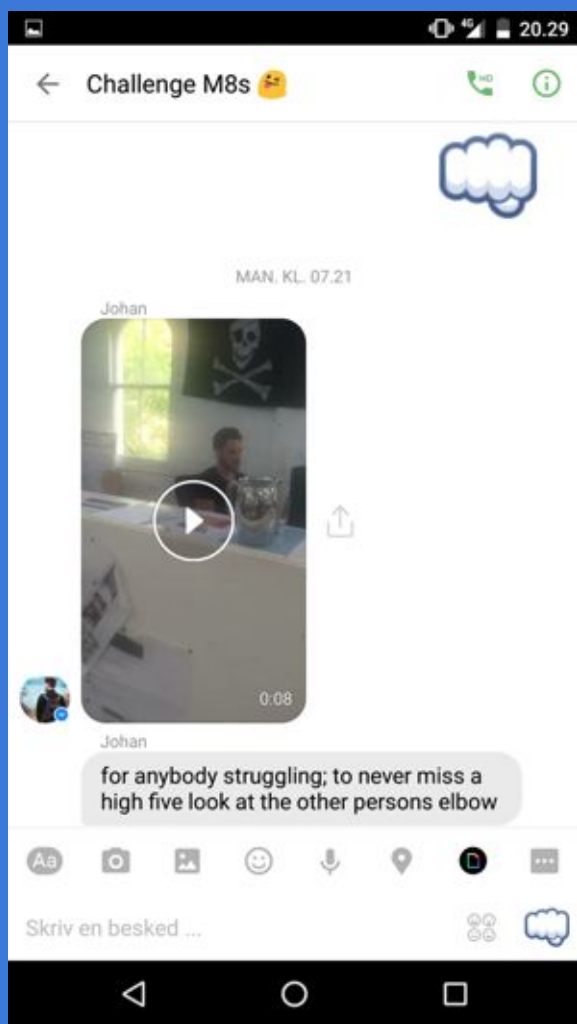
I went to a restaurant by myself... Like a psychopath.



I went to a restaurant by myself... Like a psychopath

A few weeks back I published the blogpost How high fiving strangers helps me design products. The post is about how I've...  
medium.com

🔄 5 ❤️ 15 📊 ...







@rikke great stuff - I used to be terrified of being on my own anywhere, it was extreme self-consciousness and shyness - I was always late to make sure I wasn't on my own. I instinctively knew I had to go towards what I was afraid of, to the point of performing my music (didn't sleep properly for a week before my first gig and all I was doing was playing about 3 keys along to a backing track) and forcing myself to go travelling alone. So I know this approach works - did for me anyway. I admire your bravery.

@rikke really interesting! Post really speaks to me and should be something i should try out. I nearly went to the cinema on my own couple weeks ago but just before buying a ticket i bailed out. Need to git gud

quick question

do you answer your phone when people ring you?

# STEPS

## OVERCOME SOCIAL ANXIETY

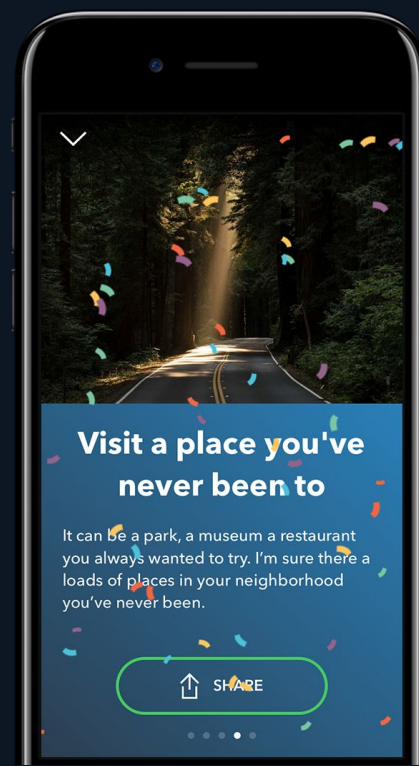
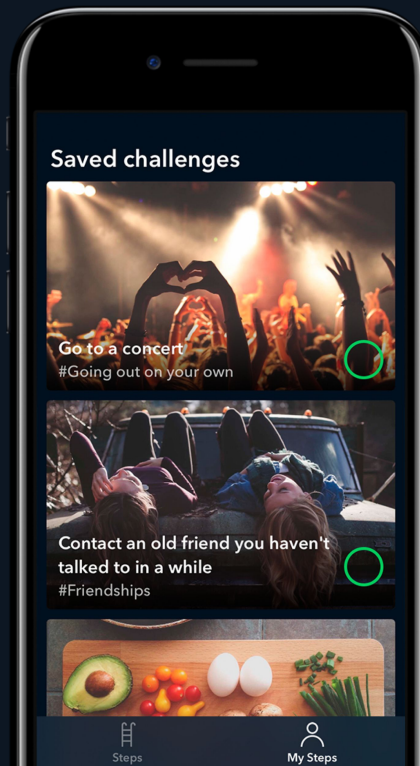
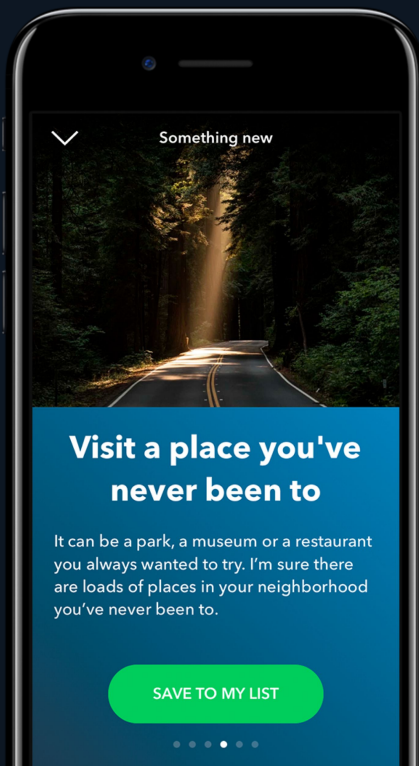
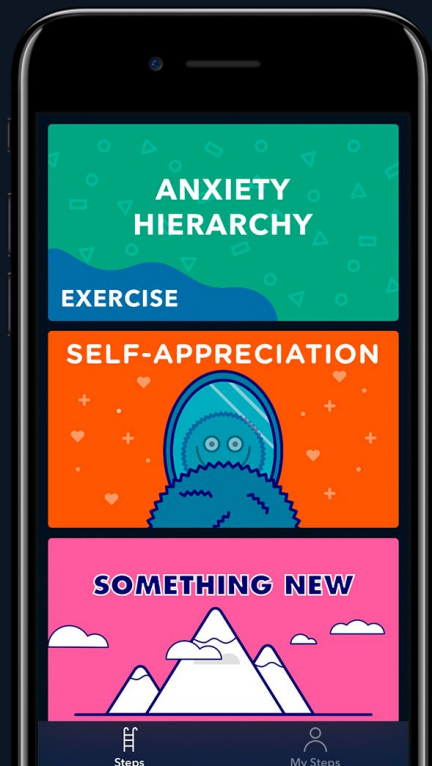


Choose an area  
to improve in..

..a challenge  
you want to try..

..save it  
to your Steps..

..and complete it!







Discover your next favorite thing...



Home

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Games

Books

Design Tools

GitHub

Health and Fitness

Lifehacks

Made in Germany

Artificial Intelligence

Today

POPULAR | NEWEST



Steps

Beat social anxiety with small challenges

▲ 507

75



#1 IN TECH

HEALTH AND FITNESS + 2



It's amazing how a little tool can have such a big impact - congratulations on making this! ▲ 2



Overcast 3.0

A powerful yet simple podcast player

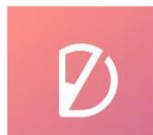
▲ 370

26



TRENDING RIGHT NOW

TECH + 3



Dovetale

Find and work with influencers using image recognition

▲ 285

18



TRENDING RIGHT NOW

TECH + 2

It's More fun with friends

Connect your Facebook account to see what your friends are upvoting.

CONNECT TO FACEBOOK

UPCOMING LIVE CHATS



Jacob Jaber

CEO of Philz Coffee

REMIND ME



Kelly Hoey

Author of Build Your Dream Network

REMIND ME



## New Apps We Love

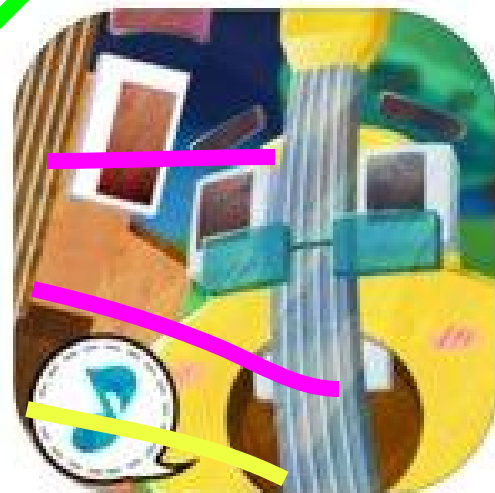
[See All >](#)



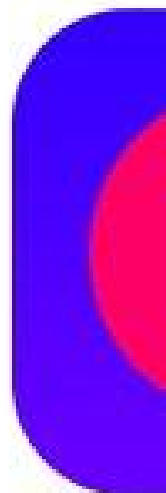
Little Tiger: Fire  
Truck, Submar...  
Entertainment  
£2.99



Steps:  
Overcome soci...  
Health & Fitness



Monster Chords:  
Guitar & Ukulel...  
Music



TapTap  
English  
Education



Fra [redacted] til hello@stepsapp.xyz ↕

13.39 ⋮

Hello there!

My name is [redacted] and I have just downloaded the app to my phone and created my challenge list. The app made me so happy because it made me understand that I am not the only one who has problems. I will keep it in my phone for a long time and probably i will be expecting more challenges. That is an amazing thing what you are doing. Thank you for your working!



A man with dark hair, wearing a white long-sleeved shirt and a blue vest, is shown from the chest up. He is looking upwards with an open mouth, reaching his right hand towards a white dove that is perched on his finger. The dove has its wings slightly spread. The background is a lush garden with pink cherry blossoms on the left and purple flowers on the right. A stone wall is visible in the lower left corner. The overall style is that of a classic Disney animation.

**FALL IN LOVE  
WITH PROBLEMS**



A person wearing a plaid shirt and jeans stands next to a light-colored horse in a stable. The horse has a fire-breathing effect applied to its mane and tail, with bright orange and yellow flames. A rainbow-colored light trail is visible at the end of the tail. The background shows the interior of a stable with wooden walls and a window.

**THANK YOU!**  
**@RIKKEKOBLAUCH**