SOCIAL SKILLS CAN BE INTIMIDATING.

3 EFFECTIVE WAYS TO IMPROVE YOUR CONFIDENCE AND ABILITIES

01.

Practice Active Listening

Focus on truly listening to others instead of worrying about what to say next. Active listening involves:

- Making eye contact (at least for a few seconds at a time)
- Nodding or giving small verbal cues like "uh-huh" to show you're engaged
- Asking follow-up questions to show interest in what the other person is saying.

This helps build rapport and takes the pressure off you to talk all the time.

Practice with Small Conversations

Start small by practicing casual conversations in everyday settings. For example:

- Chatting with a barista at a coffee shop, or at the grocery store
- Making small talk with a coworker or neighbor
- Asking someone for directions or recommendations in public.

These low-stakes interactions are great for building confidence and improving social comfort without feeling too overwhelmed.

02.

03.

Join Social Groups or Take Classes

Get involved in a group or class where the primary focus is a shared activity or interest. This could be:

- A hobby group (e.g., book clubs, art classes, cooking groups)
- Volunteering
- Social skills workshops and groups

Being in a structured setting with a shared purpose takes some of the awkwardness out of interactions because there's a clear topic or goal to focus on, which helps you ease into conversations.