

Mindset Machine @Mindset_Machine

If you're an introvert who sucks at "socializing", read this:

Being sociable shouldn't be something you're either good at or not. You can learn to become a more social person - if you want to. Here are 10 ways to make life easier while you're out and about.

I have divided this thread into three parts:

Identifying the problems (Point 1-4)

Practical solutions (5-9)

Recommendations (10)

Let's dive into it...

1. You're not socializing in the right places or with the right people:

- a. If you're talking with people with whom you're not compatible, you'll hate socializing.
- b. Go to events that excite you.
- c. Think about your hobbies and check out if there are any groups or events related to them.

2. Identify and Replace Negative Thoughts

- a. Identify thoughts that are likely dragging you down.
- b. Replace them with more realistic thoughts such as, "I can make conversation and I can meet new people."
- c. Don't allow yourself to dwell on thoughts that aren't productive!

3. Don't over-think if you look silly or dumb

- a. In reality, people don't think more about what you say than you think about what they say.
- b. Become aware that people think about what you say as little as you think about what they say. (Read this again)

4. If you worry that people will judge you, it could be that it's really you who judge yourself

- a. When you feel judged by people, pay attention to how you talk to yourself.
- b. Replace negative self-talk with more support.

5. Study, Then Socialize:

- a. Read the absolute best books on social skills that I've come across.
 - i. How to Win Friends and Influence People
 - ii. How to Be a People Magnet
 - iii. How to Talk to Anyone
 - iv. Man in Command
- b. Don't forget to put into action what you learn.

6. Envision Yourself in a Certain Situation

- a. If there's a big event you need to attend, then spend some time envisioning yourself in the situation.
- b. Play out the role in your head.
- c. Then when it comes to real life, you've practiced your part and know it well.

7. Encourage Others to Talk About Themselves

- a. Most people really enjoy talking about themselves.
- b. Ask a question about a person's career, hobbies, or family.
- c. Show you're interested in hearing what is being said.

8. Repeat the question someone asked you

- a. People often ask the question they themselves want to answer.
- b. "When someone asks you a question, ask the same one back. It keeps the conversation going.
 - i. "How was your weekend? it was good, I did this and that. How was yours?"

9. Become a better listener

- a. One of the most important parts of listening is to be present in the conversation.
- b. Don't let your mind wander and be distracted.
- c. Focus on the now.
- d. Listen to what they're sharing and be willing to engage.

10. Get to Know Yourself the Best Way You Can:

- a. Take some time to know about yourself.
 - i. what makes you happy
 - ii. what makes you angry
 - iii. why it makes you angry and so on.
- b. The better you know yourself, the easier it would be to find your way in life and be happy.