

How To Approach And Talk To Anybody No Matter How Shy You Are

Would you like to know how to put yourself out there more consistently?

Today, I want to walk you through a proven process to build your social confidence.

This is the exact same advice that I teach to our clients in our social skills coaching program so you know this stuff works.

Once you figure this out, you'll be able to approach and talk to anybody no matter how shy you are.

Tip #1: Assume People Will Like You

Remember, your brain doesn't know the difference between perception and reality.

To prove my point, I want you to close your eyes and imagine biting through a wedge of lime.

If you actually did it, then you might've noticed that your mouth began to salivate, right?

That's why you need to be more mindful of what you're paying attention to.

From what I've noticed, those who struggle socially have a difficult time controlling the way they think.

They tend to focus on the worst-case scenario very quickly and blow things out of proportion in their heads.

It's no wonder they always feel anxious.

If you can relate to this, you need to fix this issue right away.

If not, then you'll always hold yourself back in social situations.

That's why you have to get good at challenging your assumptions.

Instead of always thinking people won't like you, why test your beliefs?

What if the person you were talking to did like you and both of you had a great conversation?

That could happen too, you know?

To help you implement this, just imagine how you'd treat an old friend that you haven't seen in a while?

That's exactly what you want to be focusing on whenever you interact with someone.

When you assume that you'll get along well with others, then you'll act in ways to make that happen.

As a result, you'll come across more charismatic which will help you build rapport with anybody very quickly.

Tip #2: Have Things To Talk About

Have you ever written an exam that you didn't study for?

If you have, then you probably felt so nervous, right?

Your hands are sweaty and your heart is beating so fast.

You're looking at the questions and you're totally clueless on how to answer any of them.

Unfortunately, a lot of shy people tend to approach social interactions the exact same way.

They would go to an event or gathering and not having anything to discuss with others.

That's why they have a lot of awkward silences when they're talking to someone.

If this sounds like you and you can't maintain a conversation, you'll make anybody you chat with feel uncomfortable.

If this keeps happening, then you'll discourage a lot of people from wanting to spend time with you.

If you've experienced this before, then you need to do a bit of preparation.

I highly encourage you to write out some stories that you can potentially share.

Not sure if you noticed but the same topics tend to come up in conversation over and over again anyway.

That being said, brainstorm some stories to discuss different areas of your life.

Think of interesting ways to talk about your work, your upbringing, places you've been to, events you've attended, and your interests.

The more you do, the more confident you'll feel interacting with anybody.

When you actually prepare what you want to talk about, this will ensure that you never run out of things to say.

Tip #3: Practice In Smaller Settings

When I was 19, I went to driving school for the first time.

My dad dropped me off that day and the instructor walked me through the basics.

And then, he took me to an empty parking lot to practice.

As soon as I learned how things worked, he asked me to go to a less busy road.

Eventually, we went on the highway and was travelling at faster speeds.

I share this with you because developing your social confidence works the exact same way.

If you don't have a lot of experience interacting with people, make sure you start small.

For example, you can chat with the barista the next time you get your coffee.

You can talk to the cashier at the grocery store.

Feel free to interact with your driver the next time you take an Uber.

By lowering the bar and putting yourself in easier settings first, you'll see some quick wins.

This will help you feel encouraged and motivated.

You'll believe in yourself more and you'll feel competent talking to people during moments that really count.

There you have it.

I just walked you through a proven process to build your social confidence.

By implementing these strategies, you'll be able to approach and talk to anybody no matter how shy you are.

SOCIAL CONFIDENCE CHEAT SHEET

If you're you're tired of struggling socially and you want to learn more about our social skills coaching program, I'd love to connect with you.

Book your free consultation today by clicking the link below.

>>> <https://socialconfidencemastery.com/application/>

Once I have it, I'll make time to review it.

If I feel like I can help you, then we'll find a time to connect.

Talk soon,

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