



The Awkward Turtle

You may have stayed away from all the parties you were invited to or may have avoided chatting with others at all cost. But no matter how hard you try to resist, interacting with people is unavoidable.

You can make it easier (and less awkward for everyone) if you put to practice the following.



Family, friends and even bus drivers

they are the people we come
in contact with everyday.

It is important to build positive relationships with them because

- No man is an island, entire to itself; even Batman needs Robin.
- Your friends can be there to support and encourage you through your ups and downs.
- If you forget your wallet, the bus driver may still allow you onboard.

So... how do you do it? You can build social skills by

Keeping in touch with your loved ones

- Send a Facebook message to say hello or call your friends to show you care, especially if your friend is going through a rough patch.
- Take up a new sport with your friends and have fun together.
- Form study groups with your friends and help each other with schoolwork.

Learning to say NO

Your friends and family will respect and appreciate you when you stand up for yourself.

- Just tell them the reason.
- Suggest doing something else instead.
- Ask them to consider your position when they try to influence you.
- Stay away from friends who have a negative influence on you.

Communicating effectively

By communicating effectively, you will have fewer misunderstandings as good communication strengthens friendships.

- During conflicts, rephrase what your friends say in your own words to assure them that you have been listening to them.
- Give feedback in a calm and gentle tone to avoid sounding confrontational.
- Use "I" and "Us" more than "You" when stating your opinions.
- Using "You" often may be interpreted as criticism by your friends.



How do we say how we really feel in a tactful manner?

Practice changing the “You” statements into “I” statements

Why are you always late? You haven't learnt how to tell time?

You promised to spend time with me this weekend. Why are you cancelling again?

Add your own statements here
