

# 5 WAYS TO AVOID CAUSING OTHERS SOCIAL DISCOMFORT

A formula to avoid **uncomfortable** and possibly **inappropriate** social contact



## ADD RESPECT

It's important to respect the physical space and boundaries of people we interact with. **Are you too close for comfort?**

Equally important is respecting boundaries in conversations. This may include avoiding topics the person doesn't want to discuss, not repeatedly asking someone out, or refraining from making disrespectful comments.



## SUBTRACT BEHAVIORS

Sometimes we choose behaviors that make others uncomfortable.

Some of these behaviors include:

- **Staring at or following others**
- **Repeatedly contacting someone**
- **Touching others without consent**

Avoid behaviors that may cause others discomfort.



## DIVIDE THE INTENSITY

When you interact with someone. The goal is to create an experience that is enjoyable for both of you. This means both of you want the interaction.

- **Is it a one-sided exchange?**
- **Are you both enthusiastic and engaged?**
- **Do both of you share the same level of intensity?**



## MULTIPLY AWARENESS

You may have a hard time picking up on social cues. You may struggle with social awkwardness. **Pay extra attention when interacting with others.**

If you can't get a read, you can simply ask the person how they feel during your interactions. Ask and be ready to accept the response.

- **Be open to honest feedback.**



## EQUAL EFFORT

Relationships with other people should develop due to effort from everyone involved. Pursuit of contact should be welcome and mutual.

- **Are you the only one reaching out?**
- **Are they responsive to your efforts?**
- **Does the other person look for ways to connect?**