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?