

## I FEEL RELAXED AND COMFORTABLE AROUND OTHERS

I am comfortable in all social situations. Being around others is one of the ways I like to unwind after a long day. Socializing is relaxing to me.

I appreciate what others have to offer. Everyone is interesting if I take the time to get to know them well. Meeting new people is exciting to me. I would even say it is a hobby of mine. There are few things that I enjoy as much as meeting someone.

I can relate effectively to a wide variety of people. Everyone is unique, just like me.

Part of the reason for my high level of comfort in this area are my social skills. I know how to speak with others, and I am an excellent listener. People like to communicate with me. They automatically trust me and feel that they can open up to me.

I feel at ease meeting new people. Everyone has the potential to be a new friend. Each time I meet someone new, there is so much potential for something good to happen.

My social comfort increases each day. I feel relaxed and comfortable around others.

Today, I am open to socializing with anyone that crosses my path. I am open to new social opportunities. I am looking forward to making stronger connections with the people in my world.

## REFLECTION QUESTIONS

**1**

How can I improve my social skills to feel more comfortable in social situations?

**2**

What are some ways I can make others feel at ease when meeting them?

**3**

How does being open to new social opportunities enhance my life?