

LOOKING FOR COMMON GROUND TO CONNECT & REDUCE ANXIETY

WORKSHEET

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Social anxiety can make it difficult to connect with others, which can lead to feelings of loneliness and isolation. One way to overcome this is by looking for common ground with others. Finding shared interests or experiences can help to build connections and reduce social anxiety. Looking for common ground involves actively seeking out shared interests, experiences, or values with others. It is a way of finding commonalities that can serve as a basis for building connections and rapport.

Looking for common ground can help people with social anxiety in several ways. First, it provides a starting point for conversation. Finding shared interests or experiences can provide a natural starting point for conversation, making it easier to initiate and maintain a conversation. Second, it helps to reduce anxiety. When people find common ground, it can reduce anxiety because they feel more comfortable and at ease with the other person. Finally, it promotes connection. Finding common ground can help to build a sense of connection and rapport with others, which can reduce feelings of loneliness and isolation.

Practical Guidelines:

1. Listen actively: When talking to others, actively listen to what they are saying. Look for cues about their interests and experiences that you may have in common.
2. Ask open-ended questions: Ask questions that require more than a simple "yes" or "no" answer. This can help to generate more conversation and lead to a deeper understanding of the other person's interests and experiences.
3. Share your own experiences: Be willing to share your own experiences and interests. This can help to establish a sense of common ground and may encourage the other person to share more about themselves.
4. Look for non-verbal cues: Pay attention to the other person's non-verbal cues, such as facial expressions and body language. These cues can provide valuable information about their interests and experiences.
5. Be genuine: When looking for common ground, be genuine in your interest and curiosity. People can usually tell when someone is not being authentic, which can undermine the development of a connection.

Looking for common ground is a valuable tool for building connections with others and reducing social anxiety. Please note that this information is not a substitute for medical advice, diagnosis, or treatment.