

PRACTICING ACTIVE LISTENING TO REDUCE ANXIETY & IMPROVE SOCIAL SKILLS

WORKSHEET

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Active listening is a communication technique that involves fully concentrating on, understanding, and responding to what another person is saying. It requires attention, effort, and patience, and is an essential skill for building positive and healthy relationships.

Active listening is important for people with social anxiety because it helps build social skills and relationships, which are key components in managing social anxiety. When we actively listen, we are able to understand and connect with others, which can reduce feelings of isolation and fear. Additionally, active listening can reduce misunderstandings, conflicts, and social awkwardness that can exacerbate social anxiety.

How to Practice Active Listening:

1. Focus on the speaker: Give the speaker your full attention. Put away distractions, such as your phone or other devices, and actively concentrate on the person speaking.
2. Show interest: Use body language and verbal cues to show that you are engaged and interested in what the person is saying. Nod your head, maintain eye contact, and ask clarifying questions.
3. Clarify and confirm: When the speaker finishes speaking, clarify and confirm what you have understood. Repeat back to them what you heard, and ask for confirmation that you understood correctly.
4. Avoid interrupting: Wait until the speaker is finished speaking before you respond. Do not interrupt or cut them off mid-sentence.
5. Empathize: Try to put yourself in the speaker's shoes and understand their perspective. Show empathy and support by acknowledging their emotions, experiences, and feelings.
6. Respond appropriately: Respond appropriately to what the speaker has said. If they are expressing a problem or concern, offer suggestions or support. If they are sharing something positive, congratulate or express happiness for them.
7. Practice: Practice active listening with friends, family, and in social situations. The more you practice, the more natural and effective it will become.

With practice and patience, you can become an active listener and enjoy more meaningful connections with others. Also, please note that this information is not a substitute for medical advice, diagnosis, or treatment.