

Goal:

My goal to achieve at the end of this semester is to confidently and effectively keep eye contact. Consequently, I would be able to start and keep the conversation to last longer.

Rationale:

Easily getting shy staying around stranger leads to me being unable to keep eye contact, which makes me unfocused. This creates tension between the people that ends the conversation really quick. The result is that starting the conversation would be hard for both sides. Therefore, It gets harder and harder to establish a relationship.

Strategies:

Firstly, Reducing eye contact anxiety is vital for achieving the goal. This can be done by trying with acquaintance.

Secondly, Practicing eye contact skills is necessary for improvement. This step includes learning about eye contact rhythm, which allows me to feel and do it more naturally.

Finally, getting to groups or class or someone close and trying to making eye contact is the last step.

Implementation:

When I am making this proposal, I have decided to implement the strategies as soon as possible.

Practising eye contact is rather easy for me, because I meet a lot of people; Next time, when talking to someone, instead of lurking eyes I will force myself to keep the eye contact.

I have realized this problem for such a long time, and I refused to fix it, which has cost me one of my most important relationships. I also see that this bad habit will stop me from many future opportunities.

Work cited:

Cuncic, Arlin. "The Best Ways to Maintain Eye Contact." Verywell Mind, Verywell Mind, 20 July 2019, <https://www.verywellmind.com/how-do-i-maintain-good-eye-contact-3024392>.

"6 Ways to Dramatically Improve Your Eye Contact Skills." Change Your Thoughts, 13 Oct. 2018,

<https://www.stevenaitchison.co.uk/6-ways-to-dramatically-improve-your-eye-contact-skills/>.