

速熟 02 How to Make Friends : サイトラ（予習用）

When you're getting started / at a new school or in some other environment,
/ it's sometimes hard / to make friends. It's normal / to be shy,
/ as is often the case with people / put into new situations. Sometimes people feel ...
/ they could not possibly start a relationship with anyone / and would rather be alone
/ than try to make new friends. But the chances are that / most of the people around you
/ feel the same shyness / and are waiting / for someone else to act on their wish
/ to communicate with someone new.

When you're in a situation with new people, / the first step is to look around at them.
Then pick out someone / who has a style / that is similar to yours.
It could be their hair, clothing, bag, or shoes.

Once you've singled out a potential new friend, / it's important to know ...
/ what to talk about. If you're in the same school or club, / you have common topics.
If not, / you can say something nice about the person, / or ask what they like
/ and see what you have in common with them.

Don't be afraid / to simply introduce yourself to someone nearby. You may not see them
/ as a possible friend / at first glance, / but talking to them may surprise you.

If the other person doesn't become your friend, / it's OK. Don't give up!
If you are anxious to make a friend, / it may not happen right away.

There's no need to make haste. A deep breath should put you at ease.
Then you can find someone new and start again.