

Phone Anxiety

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欢迎来到中文茶话会



01

“电话焦虑”



02

如何减轻电话焦
虑as a non-native
speaker



03

Final Project



做一个让你自豪的网页
contribute a website that
make you proud in Chinese



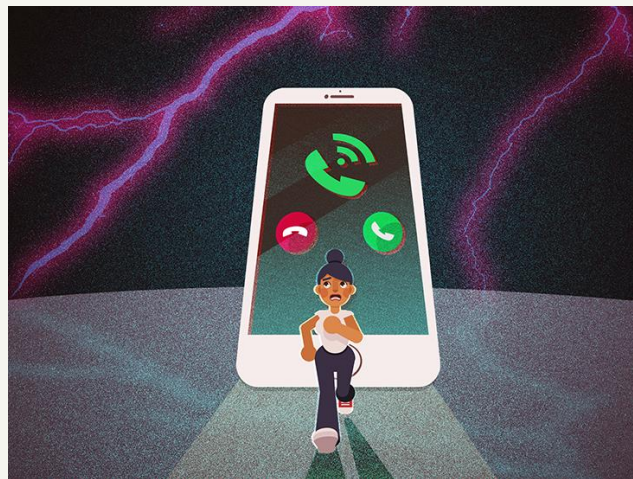
04

讨论

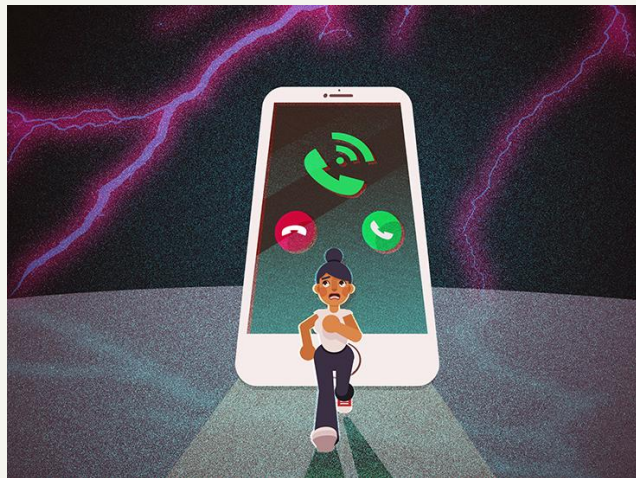




01 电话焦虑 (diàn huà ☎️ ; jiāo lǜ 🤒)



diàn huà



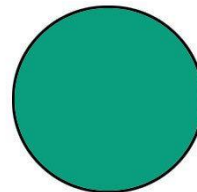
jiāo lù 🥵 ?

电话焦虑 (diàn huà ☎️ ; jiāo lù 🥵)

MY HEART	
resting	
exercising	
Before making a phone call	

social anxiety / @Chelsochist
#socialanxiety

THINGS I'D RATHER DO
THAN MAKE A PHONE CALL



● BE EATEN BY
A DINOSAUR
THAT SHOWS
NO MERCY

电话焦虑(diàn huà 📞; jiāo lǜ 😓)

(“SYMPTOMS” zhèng zhuàng)

• 焦虑jiāo lǜ 😓

• delay (tuī chí) 打电话

打(dǎ ;make) 电话📞前

(qian2;before)

• heart beat faster
(xīn tiào jiā sù)



• forget things to say
(wàng jì yào shuō shen me)

打(dǎ ; make) 电话📞中

(zhong1; during)

• worry about what you said
(dān xīn shuō cuò huà)

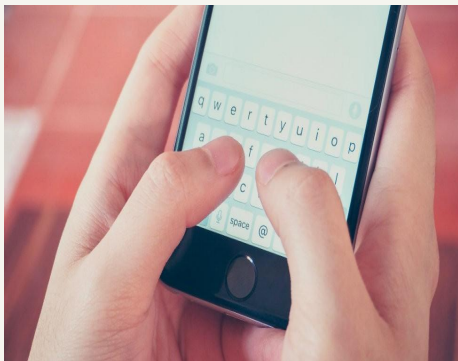
打(dǎ ;make) 电话📞后

(hou4; after)

Sentence starter:

在(zài) _____, 我会 (wǒ huì) _____

沟通 方式(gōu tōng; Communications) (fāng shì ; means)



- fā (send) duǎn xìn 发短信

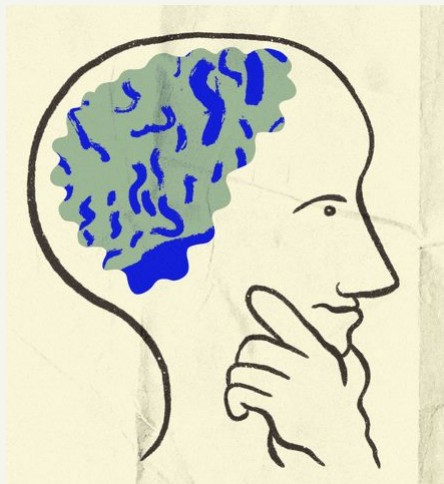


- 打电话 diàn huà 打电话



- miàn duì miàn
gōu tōng

讨

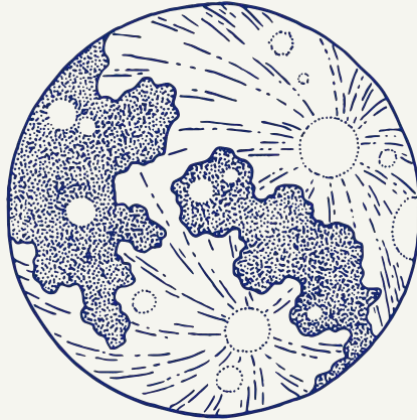


论？

问题₁ 你更喜欢  哪一种 (nǎ yī zhǒng) 沟通 (gōu tōng; Communications) 方式 (fāng shì ; means) ?

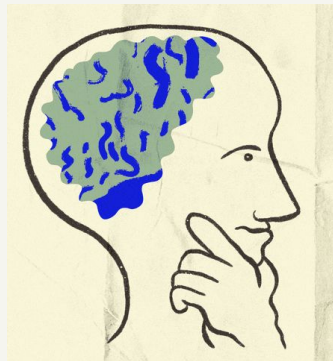
问题₂ 你有电话焦虑吗？

问题₃ Do you think Gen-Z are more likely to have 电话焦虑吗？

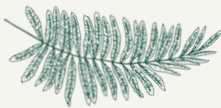


TRY AND LEARN

ACTIVITY



为什么会出现电话焦虑?



Learn why you should Reframe Phone Anxiety

- R** Review your reason for the telephone call. Write down notes that will help keep your mind focused when you're feeling anxious.
- E** Empathy. Remember a telephone conversation is 2-way, so listening is as important as talking.
- F** Fun, remember to smile. It helps you feel better and sound more like yourself.
- R** Routine. Get over your avoidance by making low-stakes calls often. Make it routine to make or receive calls.
- A** Attend to your thoughts. Your past experiences determine what you think and what you fear. Calm those negative thoughts with kind self-talk.
- M** Mistakes. The crux of phone anxiety is feeling fearful of making a mistake. Embrace your mistakes.
- E** Evaluate, celebrate...not ruminate. Immediately after your telephone conversation evaluate how it went. Was it as bad as you thought? Ruminating is so much different to evaluating.

LEARN MORE

generationCALM.com

担心说错话
担心打扰别人

他们有功能多的经验。

因为担心
DAN XIN说错话。

电话焦虑肯能因为我们那么多的时间不需要大电话。我们会用别的沟通方式。

因为小人有大应以。

我们最喜欢发短信。我们打电话的时候，我们快的认为什么说话。发短信的时候，我们可以满地认为什么说话。

因为他们很害羞和尴尬说，所以有电话焦虑。

他们打电话很少，发短信很多因为他们偏爱发短信。



02 如何(how) 减轻 电话焦虑?



How to decrease 电话焦虑 as a non-native speaker?

- 了解(liao3 jie3; to understand)对方的(duì fāng de ; others')意图 (yì tú; intention)

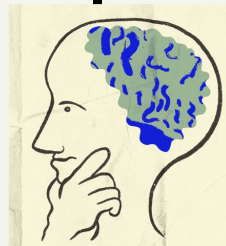
For instance (P182) who they are

“ wǒ xìng zhēn sēn。 zhōng měi lǚ hīng shè de
。 nǐ yī tí , tā jiù zhī dào le ”

who they behalf of

non-english speaker: I am awfully sorry at the terrible state of my English abilities, as for the English language is not my mother tongue. I hope you forgive me for every foolish mistake I make.

english as first language: lol it okei



How to decrease 电话焦虑 as a non-native speaker?

Get as much context information as you can

- 关键词 (guān jiàn cí ; )
- learn Chinese phone vocabulary
 - 喂 (wèi) 我是____ (wǒ shì ____)
 - _____在不在 (____ zài bù zài?) Is____ there?
 - 你打错了 (nǐ dǎ cuò le) You called the wrong number
 - 拜拜 (bài bài)
 - 不好意思, 请再说一遍 (bù hǎo yì si qǐng zài shuō yī biàn)
— I'm sorry, please say that again

non-english speaker: I am awfully sorry at the terrible state of my English abilities, as for the English language is not my mother tongue. I hope you forgive me for every foolish mistake I make.

english as first language: lol it okei

How to decrease 📉 电话焦虑 as a
non-native speaker?

Just relax! People will understand.



不好意思, 我是外国人, 请说慢一点儿 (*bù hǎo yì si, wǒ shì wài guó rén, qǐng shuō màn yī diǎn er*) —
Excuse me, I'm a foreigner, please talk a little slower

non-english speaker: I am awfully sorry at the terrible state of my English abilities, as for the English language is not my mother tongue. I hope you forgive me for every foolish mistake I make.

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03 Final project

