

SOCIAL CIRCLE FROM SCRATCH



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SHYNESS-SOCIAL-ANXIETY.COM

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To Your Success,

A handwritten signature in black ink that reads "Sean Cooper". The signature is written in a cursive, flowing style.

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Social Circle From Scratch

Like Yourself First

You Must Like Yourself First

Friends cannot be people you use just to make yourself feel better or validated. To me it often seems like some people with SA only want friends because they see other people who have friends as superior. Therefore, if they start having friends, then they think they will finally be happy. “I must be a good person because look at all these people who like me.”

Unfortunately, making friends doesn't work that way. People like people who are secure in who they are, have their own life going on, and are able to have a good time with them not worrying about how they are coming across. If you are constantly needing other people to fill up a hole inside you, then you will repel them.



So how to prevent this? Reread the section in the main book on self-esteem and unconditional self acceptance. You need to accept yourself and feel good regardless of whether or not other people accept you. If you do this then people will sense that you don't have any neediness towards them or insecurities about how you come across to them, you only want to enjoy yourself. If you have this in place, then creating meaningful relationships where both sides put in effort will become a hundred times times easier. It's ironic how, in order to attract people to you, you have to stop needing them to be attracted.

New in Town

When you're just starting out building your social life, you're likely going to have zero or very few friends. The worst mindset to have is to think you are a loser because you have no friends, and other people who do have friends are better than you. Whether or not this is true, you need to cut out these unhelpful thoughts out as much as you can. They don't serve you in any way, and will only make it that much more difficult to start a social life from scratch.

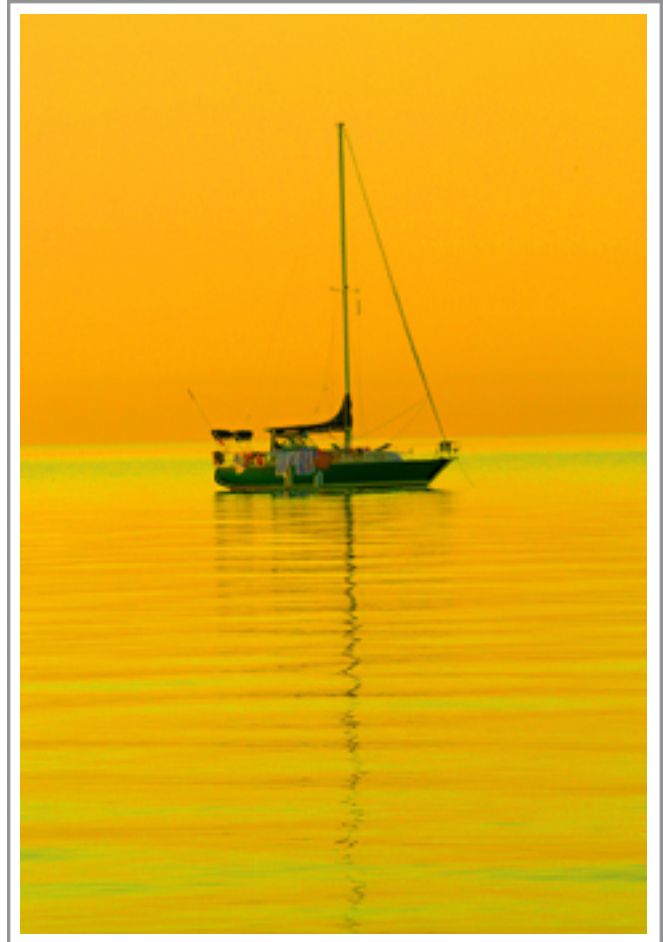
It's hard to make friends when you're constantly worried whether they will find out you are secretly a loser and have no friends. You'll always be paranoid, secretive, and self-conscious. Basically, if you feel like you are trying to come across as someone you're not, it's going to be really difficult to form a strong bond with someone you feel you have "tricked" into liking you.

The best mindset to have is that you have just moved into town and are looking to make some friends fast. You almost have to trick your brain into thinking that just because you have no friends RIGHT NOW doesn't make you a loser. It's okay, you've just moved. You may not know anyone, but nobody who

moves into a new town knows anyone at the start. That doesn't stop them from getting out there and getting started.

A Slow Start

There is no reason why you should see yourself as inferior to people who have a lot of friends and a good social circle. It says nothing about who they are as a person or who you are as a person. Are you responsible for your lack of social life up until now? Probably not. Growing up, you may have had parents who were bad role models to learn from, or maybe your social anxiety kept you stuck in the house all these years, or maybe it was some other fluke.



Regardless, it's no reason to see other people who do have a social life as "above you." The only difference between you and them is they happened to pick up some social skills and habits growing up that you didn't. Social skills and habits, not some rare talent or gift. Skills and habits can be learnt by anyone who chooses to. It just takes some consistent practice and effort. If you didn't spend a lot of time socializing in high school and college, then now's the time to go out the and learn those skills you missed out on. It's time to catch up.

Long-Term Perspective

If you mess up a conversation here, or handle a certain social situation badly, you will probably want to beat yourself up over it. It's okay to feel disappointed, but on another level you also need to keep things in perspective.

By reading this books you're experiencing many shifts in thinking. Now you have a new level of awareness about what you've been doing wrong all along. This means that you will start to autocorrect your behaviours and slowly get better over time. Yes, there will be ups and downs along your progress, but you will get there. It's only a matter of time. Try to keep this in mind as you experience successes and failures along your journey.

There are literally over six billion people out there. Many of them have the potential to be a very good friend to you. This is why it does not matter if you lose the approval of a few people on your journey to improving your life.

Having Friends Won't Solve All Your Problems

This is the one last point I want to make on this topic. Many people who don't have friends think that, if they just had a friend or two, their life would be fulfilled. It may sound naive, but think about if you think this way sometimes.

Don't get me wrong -- friends are very important. Maybe one of the best parts of life, but they will guarantee you happiness for the rest of your life. Look at all of the popular people, are they always a lot happier than others? No, they aren't. In fact, having friends often means more problems instead of less. Before you may have suffered from loneliness, but having friends just means your life gets a lot more complicated, and the issues you have to face become more

complex. Life remains the same, whether or not you have friends. Enjoy them, but don't think they are the key to everlasting happiness.

The place I want you to eventually end up at is one where you are satisfied with your amount of friends and social life. Enough so you feel as if you are at least on the same level as everyone else. It should never feel as if you are hiding the real you from people. I want you to never have to worry about people finding out that you really have no friends because you will be totally satisfied with your life to the core. You won't feel like you are tricking people if you try to befriend them, you will be offering them real value if they choose to be your friend.

Be Assertive

No One is Coming

One huge mistake many shy people make is that they will learn ways to be more confident and get rid of their fears, but they will still remain mostly passive about improving their social life. Since they don't have the habits in place to be constantly be contacting others, setting up meet ups, and building friendships, they won't actively get out there and do it.

The bad news is, your social life isn't going to happen by itself. You can't just sit around hoping and wishing for someone to invite you out and take care of your social life for you. You're gonna have to be the one to initiate most of your contacts and relationships and "kick-start" your social life, especially at the beginning.

Why No One Ever Invites You Out

If you have some people you eat lunch with, some acquaintances from work, etc, and they never invite you to hang out or meet up, it's usually not because they don't want to hang out with you.



Usually, it's just never really crossed their minds. You haven't come onto their radar as a person they could potentially hangout with yet. See, people have different "roles" for the people in their lives. If you fit into the "role" of coworker and nothing else, then they won't even think to ask you to hang out outside of work. You have to first make them see you as a "friend to hang out with" or "bowling buddy" or something else before they will think of asking you. To do this, you have to invite them to do something outside of work or school first. For example, if you have a job and have fun joking around with your co-workers, don't just keep things confined to when you see each other at work. Arrange to get drinks at the end of the day, or get together on the weekend. That gets everyone's mentality out of "This is someone I get along with at work" and changes it to "This is someone I could be friends with in my 'real' life".

Why do you have to be the first? Because usually most people are not actively looking to expand the number of people they hangout with, even if they wouldn't mind more friends. They are lazy about making new friends if they already have a few good ones. You have to make the first move if you want them as a potential friend, and I'll show you how to do this later in this book.

Win Ugly

In the beginning, you shouldn't be too picky about the people you hang out with or invite out. Over time, you'll find you mesh well with some people better than others, but for now the most important thing is to get out there with anybody instead of sitting inside. The social experience will help you.

Also, try not to over think the details of making friends and building a social life. In the beginning, you don't need the perfect line to invite someone out, don't need a perfect activity or perfect place to invite them to. People don't need you to be perfect when it comes to social norms. As long as you do the basics in roughly the right way, then you can start getting results quickly. Whenever you are trying to think of "the right thing to say" to invite someone out, or trying to think of the perfect activity or place, you are just wasting time. You just want to start getting results as fast as possible, and then you can refine the process over time.

How To Meet New People

It's Not About Where, It's About You

One of the biggest questions I get asked by people who are looking to build a social life is: "Where do I meet new people?". The short answer is: people are EVERYWHERE. As long as you aren't living in the middle of the woods, there should be plenty of people walking around outside, going places, doing activities.

Most of these people would be open to a new friendship. There is not a scarce amount of people out there that you must hunt down.

So why can't you meet new people? It's because YOU are not the type of person who can meet new people easily. Think about it: I could tell you to join clubs, take classes, or go to bars like all of the articles on the internet, but what good is it to do any of those things if you are still the type of person who cannot strike up a conversation, form a connection, and arrange to meet up with the new contact regularly until he or she becomes a friend?

There is no perfect place where new friends just fall into your lap without you having to do anything. In every case where you want to meet someone new, you will probably have to start the conversation, and know how to keep it going. So it's not really a question of finding the perfect PLACE to meet people, it's about changing YOU so that you can meet people in a variety of places with ease.

Become Social With Everyone

How do you become the type of person who can meet new people easily? You start by becoming universally social wherever you are. On a daily basis, push yourself into a social state of mind, even if you don't feel like saying anything. Your level of social progress depends on increasing the number of people you talk to, increasing the average amount of time you



spend talking to them, and increasing the number of times per week you talk to the people you already know. You want to start being social all the time, as part of your natural personality, not something you switch on and off like a light switch.

Here are some good ways you can start being more social:

- **Interact with cashiers.** When you go to pay at the store, add a situational comment to the cashier or ask a quick question. This helps you to get used to striking up a conversation with someone you just met, and is relatively low-anxiety compared to trying to chat up strangers in the store.
- **Make situational comments** to people around you. (This is explained in detail in the section below.)
- **Go where the group goes.** If a group of your coworkers are going out to lunch, join them. If you're at a party and everyone is talking in the living room, go there. Do it even if you don't feel like it. It's like jumping into a pool. You're afraid to do it, but once you do, it's actually more enjoyable than standing around outside and watching everyone else socializing.
- **Spend more time with people.** It's possible that you currently have one or two friends. Make yourself spend more time with them. If you only see them once a week, make it twice a week. If you usually leave after a couple hours, try staying a few hours past your tolerance level.

How to Strike Up Conversations With Anyone

Here's a few techniques and pointers to use to reduce your anxiety when you want to start talking to someone new:

1. **Make situational comments.** Don't be afraid to make comments to people standing nearby. Your best bet is to use a situational comment -- say

something about your immediate environment. If you're in the grocery store and a couple starts fighting a few aisles down, you can comment to someone near you "now that's entertaining." Even if the conversation doesn't go past a couple remarks, this is a great way to keep you in a social mode. Now, I don't mean to freakishly approach someone and start talking about some obscure topic. I mean open up conversation/or comment to people who are naturally in your proximity (standing next to you, sitting next to you already, otherwise similarly close by).

2. **Ask a quick question.** This is also a great technique, especially for getting over your anxiety at the beginning. If you are at the grocery store and someone walks by, you can ask them something like: "Hey, could you take a look at this cantaloupe? I can never tell when they're ripe." If you want to work on your anxiety while you are walking, you can ask people for directions, especially in the city. "Hi, do you know how to get to the Castro District?" Most people will only be too happy to help you if they know the answer to your question.

IMPORTANT NOTE: When you make these comments and ask people questions, the point isn't really to make them into your friend. It's simply to make your personality more social. If you are constantly talking to everyone all day long, then you build up a lot of social momentum throughout the day and it makes meeting new people in other situations a LOT easier.

3. **Assume familiarity.** A good way to reduce your anxiety and make yourself more natural is to treat the person as if you know them. Make a comment like you would to a friend you are very familiar with. Just say it casually and throw it out there. When practicing being social to everyone

around you, this is the best approach. Assume everyone is your friend and likes talking to people. If you try to talk to a random stranger by introducing yourself and treating them like you don't know them, then it will ironically be a lot more weird and awkward. By being casual they see that you're just making a comment because you're a social person and you do this all the time, instead of them thinking you're trying to sell them something.

3. **Introduce yourself.** This is the easiest, simplest way to start talking to someone if you are at a social gathering of some kind. For example, if you have joined a club for swimmers or if you are at a party where you only know a couple of people. In these situations, people expect to meet new people, so the best way to do it is to simply go up and introduce yourself.



Of course, you can also be making situational comments to people and starting conversations that way, but at some point in the first few sentences you should introduce yourself. Here's an example,

“Wow, these Halloween decorations are terrifying.”

“Hahaha. Yeah, not as bad as last year, though.”

“Hahaha. I can't imagine how bad they could have been last year.”

“Trust me, you're glad you weren't there.”

“Haha I will. My name's Sean...”

4. **The 3 Second Rule.** Whenever you get the impulse to say a situational comment, introduce yourself to someone, or ask a quick question, always force yourself to do it within 3 seconds. Count in your head “one ... two ... three.” Why three seconds? Because if you wait any longer, your mind will find some way to talk you out of doing it. It will come up with a million excuses not to do something it's afraid of in a matter of seconds. Also, if you approach or say something on impulse, it will actually come out better than when you try to plan out and rehearse the whole situation in your head. You will talk more naturally instead of being scripted, and your actions will come out spontaneous instead of forced.

5. **Conversation Threading.** If right now you're thinking “But I have no idea what to do with the conversation once it's started!” then don't worry. In the bonus report that came with this book, I share a technique that will allow you to continue any conversation easily based on the other person's responses.

6. **You don't need an excuse to talk to people.** Pretty much anyone is open to having a conversation. People like to talk to other people, because

humans are social creatures. Also, people meet other new people all the time, it may not be easy for you because of your social anxiety, but it is simple. Keep this in mind: the process is simple, but not easy. Don't overcomplicate, stick to following the basics. It's only your fear that makes it difficult, not that you need some sort of perfect line to say. All you need is to make some type of small comment and see if they respond to it. If they do, just keep talking using the "Conversational Threading" technique in the bonus report that came with this book.

"But Where Do I Go?"

Remember at the beginning how I said that meeting new people was more about who you are than where you go? Well ... that's only partially correct. Even if you are the most social person in the world, you still have to go SOMEWHERE. Now that you know the fundamental skills needed to start conversations in a variety of situations, it's time to take action. If you are still sitting at home and wondering why you are lonely -- well, it's because you're sitting at home.

If you really want to start meeting new people and building a social life, you actually have to do things you haven't done before. You have to put yourself into situations where meeting new people is possible. The grocery store and asking random strangers for directions are good ways to get over your fear of talking to new people, but not very good conditions for meeting potential friends.



By the way, if you still have severe social anxiety, then it makes sense for you to focus on overcoming that first. But one day you will have to start putting yourself into new scenarios if you want to meet new people.

In a second I'm going to list many GREAT ways to meet new people. Here's the catch: all of them will probably be things you have heard of before. The question is: have you tried any of them? If you want to make friends from scratch, then you are going to have to take your life into your own hands and take responsibility for it. You will need to set concrete, measurable goals and schedule new events into your life. Don't just read this book and blindly hope that one day things will get better. Be assertive.

Here's a list of some of the most common ways to meet new people:

1. Take a few classes. Join a club, sports team or a league. (Chances are there are several groups in your area that are full of people with similar interests to you. Having a common interest is like steroids when it comes to building a friendship with someone. Plus, you'll have plenty to talk about.

2. Get a part-time job on the side that deals with people or volunteer in your community. *(It may seem drastic to take on a new job just to meet new people, but the right job can force you to get out and get many hours of social experience a week.)*

3. Become a regular at local venues. Bars, clubs, pubs, etc. *(If you play a game like pool, darts, or air hockey you can ask other people to play against you. You're bound to talk to them as you play.)*

4. Go to Craigslist and check out the section with a list of events that are happening that week.

5. Attend cultural, religious or spiritual services. *(If you have a foreign background, there's probably a local group for your nationality. If you are into meditation, look at local Buddhist or Zen groups. You could meet some cool and interesting people.)*

6. Get a gym membership and take classes at the gym. *(Note: If you are just going there to work out by yourself, you probably won't talk to anyone. See if they offer any interesting classes.)*

7. Attend conferences, conventions and seminars. Another great way to meet people with similar interests as you.

8. Go to concerts, festivals and local events. Crowded places (e.g., a small bar with music, comedy, or readings) can force people to talk to each other.



The big thing is to actually make an effort to talk to people at these events. Unfortunately, there is no “perfect” place to meet new people. In every situation you will be somewhat anxious and afraid because you haven't done it before. When you are shy, you may even make up excuses in your head as to why a certain place wouldn't “work” for you. Be careful about the types of imaginary scenarios you play to yourself in your head about what these types of events are like. There are usually many friendly, open people at them who love welcoming newcomers.

By the way, don't be afraid to show up alone to any of these places. Even if you go to a bar alone, most people will be too busy socializing to notice you're by yourself. As long as you act social, most people will not notice or care about you being there alone. If anyone asks, you can simply say your friend is supposed to show up at the bar later.

Through Friends

The easiest, most effective way to meet new people is through a friend. I haven't mentioned this way up until now because you do need at least one friend to use it. If you don't have a some friends right now then you can still use the ways I outlined above to get started from scratch.

Meeting someone's friends is also a higher quality 'meet' compared to a total stranger. The ice is already broken. You have things in common (your mutual friend, if nothing else). They're probably going to be friendly and make an effort to chat to you. They're pre-screened for characteristics you like because they already know your friend. You're bound to spend some time with them and get to know them. You're likely to see them more than once.

How does it work? If you are spending time with someone, then some of their friends will naturally be around at the same time you are. It's simple, and it's the most common way for people to meet in the real world. Once you start to meet a few people, then your social circle will start to take on a life of its own and grow faster and faster.

Maybe you'll get lucky and meet someone who has a large social circle and they will introduce you to all of their friends and always invite you out. If you're

invited somewhere, go! That being said, don't ignore the lone wolf types either, they can be good friends to hang out with as well.

If you have coworkers that you rarely talk to, make an effort to get to know them better. Same goes with classmates. Often you have lots of opportunities to turn acquaintances into friendships throughout your life, but you just don't take advantage of them. Go out of your way to talk with your neighbors.

How To Form and Maintain Relationships

How To Get Their Contact Information

This is the part where you learn how to transition from initial conversation to the beginning of a new friendship or relationship. First of all, you have to start talking to people before you can get their contact information. Generally speaking, your goal should be to create a positive, casual conversation between you two and see if you get along with them. If you two don't really click or don't like each other at, then what's the point of trying to hang out with them later? It doesn't make any sense. That's why it is critical to work on your conversation skills and reducing anxiety -- it makes your chances of a good initial conversation and rapport go way up.

If you've decided this person's a good prospect for a possible future friend, activity partner, or relationship, now how do you get their contact info to contact and meet them in the future without it being awkward?

A lot of it depends on what situation you are in. If you are in a situation where you'll be seeing them again and again in the future, it wouldn't hurt to meet them a few times before so they feel they know you. This can happen if you two are in a class or club together or hang out with the same friend(s) often. If you

can build a real connection, then asking for their contact info will be easy and natural. On the other hand, if there's a chance you'll only see them once, then you should be more assertive about it. Hey, if you probably won't see them again, then what's the downside? I'll give you concrete examples in a second.

The first and most important thing you need to understand is the idea of the **assumptive close**. What is it?

Assumptive Close:

One of the biggest mistake many socially inexperienced people make is asking people if they can do something. They will say "Will you give me your number?", "Do you want to meet me at 6?", etc. This makes you come across as weak, lame, needy, and unsure of yourself. It can work sometimes, but will severely lower your chances of success.

What you want to do from now on is **assume** that the other person is going to say yes. Don't even ask them. Make commands. Say things like: "Hey, give me your number. We'll hang out sometime" or "Meet me here at 6."

The assumptive close may seem abrasive to you at first, but it is how most social people do it. If you try to ask for permission like in the first example, you will reveal that you have little social experience.

Now let's get back to the original two situations. If you have talked to someone 2-3 times at a class or club, then it will be fairly easy to get their contact information. How do you do it? It depends.

- **Facebook** - Don't freak out if you don't have Facebook, but it is a very good and simple way to stay in contact with someone. If you have seen

someone a few times, you can easily say something like: “What’s your last name? I’ll add you on Facebook.” (Notice how this is assumptive, you don’t want to say “Do you have Facebook? Is it okay if I add you as a friend?”)

- **Instant Messenger** - This one is okay. Most people these days seem to use either Facebook or Skype to instant message. The problem is, don’t get into the habit of sitting at home all the time. In order to make them your friend, and not just your “virtual friend,” you actually have to spend time with them in real life. In my opinion, you shouldn’t ask someone for their instant messaging username if you have just talked to them once. Get their phone number first using the methods below, then later you can use IM, if you want.

- **Email Address** - This may be good for coworkers and classmates doing a group project, but in my opinion it’s not a very good option for setting up daily social plans. You want friends you hang out and do activities with in real life, not a pen pal you write long messages to. Email can be good for organizing a large event like a camping trip that involves several people.

- **Phone number** - Most people nowadays have cell phones. They keep in contact with others through calling them and sending text messages. A cell phone is essential for a good social life. If it’s too expensive for you, you can get a pre-paid cell phone that only charges you when you use it instead of monthly. To get someone’s number, there’s a couple ways to go about it:

- Sometimes it feels more casual if you add some comment to the end and give them a reason why you want their number. “Hey, give me your number. Just in case one of us misses a class/meeting.” An even better way to do this is to make vague, general plans for the future, “Hey, give me your number. We’ll hang out sometime.”

- A second option is to make specific plans and then say you need their number afterwards. For example, if you were taking kickboxing lessons, you may strike up a conversation with someone and make plans to meet up at the gym in a couple days to practice. You could say something like: “Okay, so we’ll meet here Tuesday at 6pm. Give me your number in case anything comes up.”

- The last option is if you are talking to a girl/guy that you like. You could simply say “Hey, give me your number.” Simple is good. If you are flirting with them, it should be obvious why you want their number, so there’s no point in giving them a reason why.

Keep Regular Contact

If you are going to be trying to form friendships and relationships with people, it is essential that you find some way to keep in contact with them regularly. Get a cell phone if you don’t have one. If you are 25 years old or younger, realize that most people send text messages to each other to keep in contact. If there is a social networking website everyone is on, like Facebook, then it would also be a good idea to join that. It makes contacting several people easier than trying to invite people one-by-one.

Here’s one of the most important principles in sustaining friendships: you must keep in contact with the person occasionally. It may be something as simple as texting them: “Hey, what are you up to this weekend?” Even if you two don’t do anything together for a few weeks, keeping in contact with them will keep the person open as a social option in the future. If you never make the effort to start conversations and keep in contact with people, then they will assume you’re not interested in the friendship and they’ll feel unwanted.

You need to start making the habit of keeping in regular contact with the new people you meet if you two hit it off. Many people don't have a social life, not because they fear rejection, but simply because they are lazy. It may not be something you feel like doing at the beginning, but you have to discipline yourself to keep in contact with people.



This doesn't mean you need to have an hour long conversation with them over the phone. Many people keep in touch with their social contacts by sending them a text every few days, or chatting with them for a few minutes through online instant messaging, like Facebook, MSN, or Skype. Simply ask them "How's it going?" or "What are you up to this weekend?" and chat for a bit. If you need help knowing how to keep a regular conversation going, check out the bonus report called "How to always know what to say next."

Drive Social Plans Forward

If you are starting out with no social life, then you must take the responsibility to drive social plans forward. You have to not only make a habit out of keeping in contact with people, you also have to make a habit of arranging to do stuff in real life with those contacts.

Most people with social anxiety make the mistake of being too passive. You may start to be more social and talk more, but you wait for other people to invite you places and as a consequence you are rarely invited. You have to show your interest by inquiring about what people are doing, where they are going, what they did on previous weekends, etc. The habit you must develop is to consistently bring up and inquire about what people are doing on the weekends, nights, and days. People who are social do this all the time and consider it normal.

It can be as simple as ask someone: “What are you up to tonight?” This leads to you creating plans together with the other person. It can be as easy as “What are you up to tonight?” and they may say “Nothing, give me a call we’ll head out or something”. Keep it light, casual, and relaxed and things will start happening for you more often.

If you don’t ask these types of questions, the other person will either assume you are busy or uninterested, or the idea to invite you along will simply not pop into their heads. You’ll be in the “acquaintance” category in their head, someone they may talk to occasionally or know from work or school. What you want to do is to move into the “friend” category. This means doing activities with the person and hanging out, spending time together just for the sake of having company.

Inviting Yourself Along

Before I begin this section, I just want to say that not getting invited somewhere is not something you should take personally. There are plenty of reasons why you may happen not to get invited someplace. Maybe the person is worried you'll say no, maybe they'll think you already have better plans, maybe they just forgot or innocently didn't think of it, or maybe the conversation just naturally develops in a way that a formal invitation just doesn't happen. Also, sometimes people will be waiting for you to invite yourself to come along – this is what this section is about.

So why do you ask people questions like “What’s going on tomorrow?” or “What are you up to this weekend?” Well, if there is a group social event going on, sometimes you will get an invitation just from asking this question. Sometimes you will have to give them a hint that you want to go. You can show your interest in going by saying something like “Oh, that sounds like it’ll be fun...” and hope they get the hint. If they don’t catch on to your indirect approach, you may have to go direct if you really want to go.

So how do you ask to come along directly? There is a good and a bad way. The bad way is to ask in a way that’s overly formal. If you say, “can I come?” or “I’d like to come with you all” it makes you look insecure, as if you are not sure if your presence is really welcome. The good way is to assume that they want you to come along. Use an assumptive close. Say “yeah, I’ll give you a call/text and we’ll go down together”, or “yeah, give me a call/text I’ll go with you”. It has to come off carefree and relaxed. Don’t think that asking in this way is weird or strange. It’s what social people do all the time.

If you would feel weird inviting yourself like that, then it may be because you think there's a good chance the other person will reject you. In this case, you should think about which events are okay to invite yourself to and which events you really shouldn't invite yourself to. Generally speaking, if it's a casual, loose group event where the people are just going to socialize (party, bar, movie theatre, etc), then they probably don't care when someone new comes along. On



the other hand, if the event is exclusive to a tight-knit small group of friends, then you should think twice about inviting yourself along. Inviting yourself to someone else's house unless a lot of other people are also showing up is also considered somewhat rude. These are general guidelines, not firm rules. As you get more social experience, you'll be able to "feel out" where it's okay and where it's not. Use common sense.

Making Plans

Okay, so now you know how to invite yourself along to other people's plans. Now it's time to learn how to create your own plans and invite others. The reason why you want to eventually start doing this is because by simply inviting people

or creating group plans, people will view you are likable, social, and someone to invite places even if they don't go to your event/party, and even if your event/party has a low turnout. You will be instantly seen as a more important person on the social scene.

Where To Go:

Here's a list of things you can do with people. It can be a group, or if you're just starting out, it may just be one person. Remember that arranging group activities has more benefit to you, but you can still make plans with someone one-on-one and have a good time.

- Hanging around your place or theirs. Playing video games, watching TV, watching a movie or doing some other activity while there.
- Grabbing coffee, a light snack, or a drink.
- Seeing a movie in theaters.
- Going out to eat at a restaurant. Could also apply to grabbing breakfast or lunch with someone.
- Bars/pubs/clubs - This is one of the most popular ways to arrange group activities. Tell 12 people you know you're meeting up with some friends at a specific bar. Even if only 5 show up, it's still a great success.
- Wandering around or hanging out aimlessly. - This usually applies when you two are hanging out the entire day together. Even walking down the street can be a lot funner when you have someone to talk to and joke around with.
- Keeping each other company on day-to-day errands - shopping, mail, etc.
- Having an organized regular activity you do with someone or a group, for example: a recreational sport, a one-on-one sport like tennis, some other club you are involved with, etc.

How To Invite Others

The best way to invite others is to use the assumptive close I talked about a few pages ago. After you ask someone what they are up to (“Hey, what are you up to tonight?”) ... if they say they aren’t doing anything and are free, then here’s how you invite them:

“If you aren’t doing anything tonight, meet me at this irish bar at 10.”

Notice how you’re assuming they will say yes and want to go. This is the right way to do it. It’s actually the way most socially experienced people invite others. They don’t ask “Do you want to meet me at the irish bar at 10?” It may seem weird using the assumptive close at first, but it actually works much better. If they don’t want to, they’ll say they can’t.

The same goes for group activities that you are organizing: “A group of us from work are going to x bar at 7. I’ll see you there.” or “A group of us from work are going to x bar at 7. Make it if you can, it’s going to be fun.”

If you say this with confidence, it’s a great way to invite someone. Saying “A group of us are going to x bar at 7. Do you want to come?” may seem more polite, but it’s a much weaker way to invite people. Of course, it’s better than sitting at home and not inviting anyone anywhere, I’m just saying it’s not ideal.

Don’t be offended if you invite 12 people and only 5 show up. People will not think less of you for it. Most people assume that those who don’t show up simply couldn’t make it due to factors outside of their control. They don’t see a poor turnout as a bad reflection on you. You should always assume that a certain percentage of people may not make it if you invite several. People will agree to

do things and then find out they have other plans or something new just popped up, it's just human nature.

How To Hang Out With Someone

You Don't Need An Amazing Event

A mistake many shy people make is to think they need a perfect, unique event in order to invite someone to it. That's simply not true. You'll notice most of the events I mentioned above are fairly basic and straightforward, like grabbing a coffee or seeing a movie. If you're going to be hanging out with people fairly regularly, you'll soon find yourself doing the same few activities over and over again.

That's okay, because the point of making plans with a person or group of people is not usually the activity itself. The activity is more of an excuse for you to spend time with them. The reason why people make social plans is because they enjoy spending time with someone else, not to do some crazy activities. The core of spending time with someone is talking to them and enjoying their company. The activity you two are doing is usually only a secondary focus.

For example, going to see a movie with someone is much more fun than going to see a movie alone. Why? Because you can talk with the person about what you expect beforehand, enjoy each other's reactions to the movie while you're watching, and talk about it afterwards. If you go to see a movie by yourself, it's more businesslike and your focus is only on watching the movie.

Willing Companionship

One mistake I used to make, and one I see a lot of people who are new to socializing making, is trying too hard to make entertaining or witty comments while spending time with someone. It's okay to be funny, but the problem is if you overdo it and try to be a super funny and interesting person all of the time. A lot of the time, you are just overcompensating for an insecurity. You don't feel that people could like you just for you, so you think you must be perceived as quirky or interesting in order to be valuable to them.

People don't require much for you to be their friend. You don't have to be especially funny or intelligent. You don't have to impress people with your witty or sarcastic remarks. You don't have to be special in any way whatsoever to have friends. Anyone can have friends, all you need is a few basic social skills down and habits in place to start and maintain social connections.

People want company, not entertainment. The reason why people hang out and invite people places is not so the other person can entertain, educate or enlighten them. They just want to have company. To have someone by their side for the sole purpose of not being alone. Social people don't want to be alone, and all they are really looking for is someone else who they think also wants to be around them for the sole purpose of not being alone.

Not Messing Up

You have to believe it's okay for you to be a regular, normal, average person. As long as you are perceived as social, as enjoying being around other people, as laid back and relaxed, as open to invitations, most people will be more than happy to spend time with you.

Most people don't have very picky standards when it comes to friends. They aren't looking for someone who stands out in some way. It's enough for you to just share some commonalities with them and be an all-around okay person. Most of the time, you just have to be pleasant, non-annoying company, and people will like being around you.

From now on, switch your focus from trying to make interesting and quirky comments to simply not messing up. What do I mean by this? Assume that people will like you and want to be around you automatically without you needing to be “different from the crowd” in any way. All



you really have to do is follow the basic social fundamentals and don't commit any huge blunders or mess up in some major way.

Letting The Silence Happen

Most people are not constantly talking to each other when they are just hanging out. Silence happens and is normal. In a daily conversation, you should normally end it if you sense an awkward silence is about to come, but different rules apply to hanging out with someone. It may feel awkward to you in the beginning, but don't try to keep a conversation going at all times. You won't be

able to sustain it and it's going to make you both feel uncomfortable because you have set the expectation that you two need to be talking constantly.

Silence is normal and social people expect it when hanging out with someone. There's a time where you just have to relax and enjoy the silence. If you get nervous and awkward people will see you as being non-social and will want to hang out with you less in the future.

In Conclusion

I hope you've gotten a lot of valuable information and good tips from this report. It took me a lot of trial and error to figure a lot of this stuff out. And ultimately, that's what it will take for you to figure this out too. In the beginning, I stressed the fact that you need to be assertive in order to see results. If you are not assertive about getting a social life and friends, then reading this report has been a waste of time to you. All you did was get some more knowledge, but you won't get the social life you want.

I like to make the analogy to losing weight. There are hundreds of good books out there on losing weight by world-famous doctors. Look in any bookstore. If there's so much information out there on losing weight, then why are so most of the people who buy these books still overweight?

Someone who doesn't want to do something, will find a millions ways to procrastinate it. On the other hand, someone who does want to do something ... will just do it. Usually without preparation, and against a lot of odds.