

How to Improve Communication Skills With 2 Exercises

In order to improve your communication skills and become assertive, you need to give up the habit of seeking other people's approval for everything you do. This may not be an easy habit to give up, but if you succeed in overcoming it, you may see amazing improvements in your social behaviour. Rather than being timid you can now be more daring and frank. Here are two exercises which can help you overcome the habit of seeking other people's approval: Exercise 1:

The first step to overcome this habit is to become aware while you are doing it. This exercise is to help you become more aware.

For the next several days, whenever you catch yourself saying or doing something to please others, stop right in your tracks - freeze. Then instead of that do or say something which you really want to.

Monitor yourself in this fashion for 2-3 weeks and change your behaviour whenever you find yourself seeking other's approval. Initially it may seem difficult, but with practise you can soon begin to develop the habit of acting according to your own will.

Exercise 2:

This is a fun exercise which can also serve as a feedback tool for how well you are progressing.

For the next few weeks, whenever you have interacted with someone, give yourself +ve or -ve points depending on your interaction. If you were able to speak or act according to your will, give yourself positive points ranging from +1 to +10. However if you could not muster up the courage and acted out of fear of people, give yourself negative points from -1 to -10. Keep a sheet of paper with you with date written on top of it and keep adding your + and - points to that sheet. At the end of the day calculate your total score. This will give you an idea about how you fared during the day and will also motivate you to improve yourself further tomorrow.

If you follow the above 2 exercises for a few weeks, you may notice considerable improvement in your behaviour. You may start interacting with people with new found freedom, courage, and assertiveness. Your bold attitude may win you admirers and drive away your social phobias.

About the Author

blogs.ibibo.com/ViewComments.aspx?mid=fb519819-4a8c-4a0a-a070-704514235ddc&blogid=190cc5f4-2c21-4ba3-b164-c3e86b3bc30a

Source: <http://www.improveskillsacademy.org>