

## Disclaimer

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## Introduction

The social interaction is a practical guide to learn Interaction with people regardless of their gender. It explains in easy way how any conversation or any interaction go through step by step process in natural way especially with women. It should not be limited to interact with women only, as it explains very clearly step by step interaction process between two people.

The purpose of writing The Social Interaction after spending 7 years studying social skills from different resource, is only to help those people who find themselves victim of awkwardness in social situations. Growing up in an isolated place away from big social situations not only made me awkward kid but also impacted me in my 20's which prevented me to grow myself as a man. It took me while to figure out what is the reason behind my awkwardness in social situations, which I figure out by studying all different kind of psychology books, all different on-line resource. I tried all different ways to handle social situations but only one which I found after long studies has changed my life when it comes to social interaction, which I shared in The Social Interaction guide with the believe that these principles can help you as well.

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### Important:-

Some of the content which says (available at The Social Interaction) is available on our website <http://thesocialinteraction.com> 100% free Sign Up.

Either click on link or you can copy the link and paste in your browser

The social Interaction is a detail guide which is currently 100% free no hidden cost. You can simply sign up any time to gain access for life time. Soon there will be more detailed content on other areas of life which will be available to only paid members. Free guide is not limited to the current detailed version but also there will be updates for more valuable skills in future.

## Chapter – 1

### Attraction

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Have you ever wondered what "attraction" actually is? You might have seen, how some people become attractive to others despite their looks not being what we describe as "attractive".

What is attraction?

Attraction can be described as the force which pulls two people or object towards one and another. Attraction is not only limited to physical appearance. There are many other reason behind it, why we get attracted to some people and not to others? When it comes social situations attraction is the beginning of every relationship.

If attraction is not only limited to physical appearance then what other important factors are that matter.

1- propinquity- simply means the closeness of two people's presence. The more we closer in physical distance with someone is easy to get attractive towards that person. We are more likely to develop affection for people who is near to us, because we are frequently exposed to that person.

It's natural way of knowing others. The more the exposure the more you know better about that person, and if you find that person offensive than you can dislike that person.

2- Complimentary needs- means people attract to their opposite who complete their needs. One person's strength helps balance the trait of the other. For example a shy girl who has good sense of humour may be attractive to a guy with good sense of humour who is confident.

3- Idle mate- most people have preconceived image for their idle partner that what he / she should be like. It could be based on physical appearance or personality characteristics. It may be based characteristics from their own parent. For example a woman may want a man who should be like her father. Image of their idle mate can also be based on their own pre mind set "I know what want and what I don't want" based from their previous experience in relationship.

But what you can do in order to become more attractive person, so you can attract more people into your life.

Notice the word "more attractive", I didn't said "attractive" person. You may have a doubt that you are attractive or not. But if you think you are not attractive as a person at all then you can do following drill and find out yourself how attractive you are.

You can go in the park or where ever you want to go to look for your partner and notice, that how many girls have noticed you and they are attracted to you, just write down the number as you pass by them. If you get number in total higher than "0 zero" at the end of your walk, than It means you are attractive person, but you are not attractive to all of them.

Once you know that have potential and you already are attractive at some level, than you can start embracing yourself to become more attractive person.

Before you start improving yourself let's take look on what areas that you can change in yourself.

To make it easier I have divided in two sections for you.

Static - you probably know that there are some factors which you cannot change. These are known as static factors. It's mainly your

physical appearance you born with. For example, your height, your skin colour, your voice, your hair etc.

But that doesn't mean that you can't try to improve them for example if you're overweight, then it's not necessary to carry it with you all your life, you can try to lose it. And if you are too skinny, you can try to gain weight if you want to.

Dynamic - you probably understood by the name that things which you can change about your self are dynamic areas of yourself. For example - if you are shy you can learn to be confident, or if you haven't got opportunity to go to school, you can educate yourself about any skills later in life. You can learn to stay motivated and feel good. If you feel good your body will show it, if you feel confident your body will show it.

[Learn More](#)

## Chapter – 2

### Approaching

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When it comes to approach in most guys head a bulb lights up “approaching to a women”. You will learn about this later. But approaching is a first crucial step that you will take to make any natural conversation regardless of gender. Let's be honest, how many times you feel hard to approach your boss at work or any higher authorities? But do you ever even consider to approach any beggar unless you are in good mood!!?

Think about it why?

if you said " I expect specific outcome from my boss and higher authorities, and fear of rejection regarding that, makes me hard to approach” and “I don't expect anything from beggar as an outcome "then you are correct .if you understood how this have impact on your daily life, then what are you waiting for just dive in to learn how to overcome approach anxiety.

#### Approaching a women

How many times , do you see a girl in parties or in other social situations, who catches your eye, but you feel you can't talk to her, and you start throwing different excuses in your head to get out from that situation?.

Every time you walk up to girl, you feel uncomfortable? And you worried walking up to a girl is "weird" and you would just annoy her? Your heart starts ponding and palms sweating? If so here are some tips to help you to change your mind-set.

## 1- Avoid creepy vibe

most of the guys when they try to approach women , as soon as they open their mouth they creep her out .this doesn't 't have to be with you, the truth is walking up to a girl doesn't have to be "weird". But the matter of fact is when you approach a girl with the feeling of “fear of rejection” it's that feeling which creates this Vibe.

As soon as you get rid of that feeling, you and your conversation partner both will be able to enjoy meeting one and another.

The best way to overcome the approach anxiety is to experience approaching many people as you can regardless of their gender and age, it will help you to gain confidence to approach anyone. As you start approaching more and more, you will realise how all the fears and worries about approaching only exist in your head.

you can also point out, how you feel about this conversation by simply saying "I feel weird coming up here, but I just wanted to say hi " after bringing up your feeling of weirdness you may notice that lot of that tension disappear on its own.

## 2- Stop being needy

Another major factor that most of the time creep out a women is when men approach with mind-set of specific outcome for their self, like getting a phone number, asking out for dinner or may be just smile.

By the time you walk up to a girl, believe me or not but your body language screams out lot to a girl what you here for. It makes lots of difference why you are approaching to a girl. Instead if you are approaching without any intensions of specific outcome, you may notice your approach turns into conversation easily than before.



Best practice you can do is walk up to as many people as you want, without setting up any intentions of outcome like "thank you or anything" .walk up say " hi or something you like about them" and just walk away "no string attached attitude". Once you get success you'll likely to find getting motivated.

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## Chapter - 3

### How to make conversation

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As we have all learned at school, use questions "what, why, who, when, how, where" to gather information. But question arise how could you start conversation to reach the goal of building connection with a stranger or a girl you never met before?

Have you ever left the place frustrated saying in your head "I wish I could make conversation with this girl"? Don't worry you are not alone, read on this guide.

Most guys spend too much time to look for super perfect line, and after delivering that line they don't know what to do next!!

When two strangers meet in a party or coffee shop or anywhere in social situation, first of all they don't know each other before, this creates a lot of physiological tension between them and they have almost same mind-set - "how I would be accepted or how I will get acknowledged? ".

This tension creates huge chances to turn interaction into serious conversation immediately. If you start asking questions like, for example - what do you do? Where do you live? Why are you here? Or how often you come here? If you notice all these kind of questions are directly hitting her privacy, even though she doesn't know you yet. If she doesn't know you then how would you expect her to open up to yourself directly! Trying to know someone's private life is too insecure for them especially when you have just met. As a result this motivates the conversation to stop moving forward smoothly, and as soon as your conversation partner starts losing interest, they leave.

Is there any way out? ...Yes!

### Keep it light

Conversation should be light, fun and playful to make it interesting. A lot of guys fuss over what is the perfect opening line to say for light silly conversation. The thing is there is no perfect magical line when it comes to start conversation. For the most part it doesn't matter what you say, as long as it's fun, and playful. With playful light opening you are trying to open doors for future conversation.

The goal of delivering light and fun conversation is to ease the tension between you two, to be comfortable and get relax, smile and laugh so you both can have a fun and good time with one another. When engaging with light and silly conversation you are simply saying "we are having fun and not taking anything seriously so you can relax and enjoy"

It should be natural flow with ease not forcibly coming out from scripted lines, most of the time which doesn't work. Playful funny light conversation helps to move conversation smoothly forward into possibilities of making connection.

### How can I be playful?

First of all you don't have to be comedian in order make fun in conversation, but you can use your humour to make things funny. To accelerate your humour you can watch funny movies, or your personal favourite comedy show or simply notice next time your friend says something funny and try to utilize in your statement.

[Learn More](#)

## Chapter - 4

### Building a Connection

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After you had humorous conversation, if you found a common sense of humour between you two based on the shared views of the world and cultural references, then it's time for you to look for emotional connection if you have lot of other things in common.

How would you know if she is the person of your dreams? How would you be able to develop deep connection and organic trust between you two?

#### 1- Know yourself

First of all you need ask to yourself what kind of values or principles you do have in your life, which you wanted to be respected by the other person.

Secret that you should know- people are admired by others if they have some values and principles in their life.

#### 2- Avoid "me too" attitude

Shared values are essential in any relationship over the long term even though it might not be so important for short term. Most of the people assume that building a connection is sharing the same interest but the fact is no one wants to build any emotional connection with their clone. Let me explain it to you why.

[Learn More](#)

## Chapter - 5

### Confidence

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Lots of people think that confidence is something you born with. But let me alighting up for you, that confidence is not a physical part of body which other people can't have it if they didn't born confident.

The truth is you can learn how to be confident like so many other skills you have learnt in school or college. Because confidence is a state of mind, some people acquire this from very young age. Your confidence behaviour depended on different factors, like how you been raised up as a kid, and what you been taught by your parents, also what you have adopted from your surrounding social atmosphere etc.

Before you learn how you can reclaim your confidence, it would be lot helpful for you if you understand, what confidence is.

Confidence is a state of mind which is result of combination of two different states of mind: - self-efficacy and self-esteem. And good news is you can help yourself to improve your confidence by improving your these two states of mind.

#### Self-efficacy

Self-efficacy is physiological term which means "the strength of one's belief in one's own ability to reach the goal ". Let me explain you further, our everyday life is driven by our belief in fact our every action is basis on what our beliefs are. For example some people have belief to be religious and some don't , a sports player have different belief than a IT professional or a child have different belief than an

old age person. Like everyone else you and I also driven by our own beliefs and they are different from person to person.

Where does belief come from?

You might want to know where this belief come from, belief is something which our mind accepts that something is true or exist without any proof. There are various resource which helps you to make your belief but to keep to it simpler for you to understand, belief comes from by repeatedly observing your surrounding environmental events that occur in action.

Does whatever I observe become my belief?

Answer is big “No” but only, what you accept from that information is become part of your belief system.

Self- esteem

In psychology, the term self-esteem means "person's overall sense of self-worth". In other words, how you value yourself or how valuable you think you are to others. Same as beliefs our self-esteem is also influenced by various surrounding resources like your family, friends, society etc. But the matter of fact is self-esteem is driven by the person's belief himself. So if you have strong and positive belief then your self-esteem will be high naturally and opposite to that if you have negative beliefs system in your head, then your self-esteem will be low naturally.

By now you must have understood, that if you wanted to be confident then you have to do effort to make your belief more positive, realistic and strong. This would take time to build up as a man with greater confidence. But in social interaction you can easily learn how to demonstrate yourself as confident person by learning two important behaviour, non-neediness and being authentic.

[Learn More](#)

## Chapter - 6

### Body Language

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From thousands of years humans have developed many ways of communication to connect with fellow human beings. We have developed many different languages to express ourselves so people can understand each other in a better way. But from all of them the ancient language which most people don't learn is body language. It's non-verbal language of human behaviour expressing through their body all the time. Body language communicates 60 to 80 percent of total communication that we make with other person. Understanding body language can lead to success in personal and professional relationship.

By noticing the signals that people send out with their body language and being able to effectively read those signal is a very useful skill. You can learn accurately those signals by enough practice, and it can become your second nature.

Understanding others body language is useful, but applying useful information to your self can also help you to gain confidence by following "mind follow body and body follow mind" theory.

Body language is not only communicates in humans but also in animal kingdom too. It's the universal language which people can understand even without saying a word from mouth, a Good example would be smile and crying expression.

How accurate is body language?

Body language is a non-verbal response by our body, which we feel in the current situation in real time. It's direct response of human brain towards the situation, which makes it authentic communication by

emotions. Accuracy of body language lies in the person's hand, how accurately one interprets the signals. One particular signal may not be 100% true that you interpret. For example, if a person crosses his arms, if you interpret that this person is defensive or closed, it may not be 100% true, that person might be feeling cold at that time.

In body language, making assumptions about another person on one particular signal is purely a foolishness. By understanding the collection of different signals, you can make correct assumptions to a very good extent, but this does not describe the person entirely.

There are lots of nitty-gritty of body language that you can learn from various resources if you are interested in mastering each area. But when it comes to social interaction, you basically need two simple signals to look for, that is- positive and negative body language.

By learning these two signals, you will be able to know when and how to approach others without getting rejected or creeping them out.

Learn more How to make conversation with a woman from attraction to building a connection a step by step in detail 100% free sign up guide at <http://thesocialinteraction.com>

See you there 😊

Bobby Singh