

Benefits with Examples

#1: It enables us to find common ground and shared interests (Ex.hobbies, sports, background info: age, school, where you're from, etc)

#2: It improves active listening skills (Ex. eye contact, verbal communication, appropriate responses, avoid judgment)

#3: It helps us build muscles to overcome social discomfort and improve spontaneity (Ex. teaches patience, self-control, mindfulness, developing proper responses quickly, control emotion, gain and/or appreciate perspectives)

#4: It lays the groundwork for transitioning into more serious, deeper topics which require a greater degree of psychological safety (Ex.personal experiences, fears, goals, personal feelings)