



# Stepping Outside Your Social Comfort Zone: Practice Worksheet

## Step 1: Self-Assessment

Circle the statement that feels most true for you:

- I can talk about anything light and casual, but I freeze when things get personal.
- I get bored with chit-chat but open up easily when conversations get real.
- I can switch between light and deep depending on the situation.

## Step 2: Stretching Into Small Talk

Practice by trying one small talk exercise per day. Use the prompts below:

- Ask a cashier or barista: 'How's your day going so far?'
- At work: 'Do you have any fun plans for the weekend?'
- At a social event: 'How do you know the host?'
- Notice something in your environment and comment on it (music, weather, food, etc.).

## Step 3: Stretching Into Big Talk

Practice by choosing one friend or family member and trying a deeper question:

- What's something you've been proud of lately?
- What's one challenge you've been working through?
- What's a dream or goal you're excited about?
- When was the last time you felt really inspired?

## Step 4: Reflection Questions

- How did I feel before starting the conversation?
- What did I notice about the other person's response?
- How did I feel after the conversation ended?
- What's one thing I'd try differently next time?

## Step 5: Weekly Practice Tracker

Check off each day you practiced stepping outside your comfort zone:

Day	Small Talk	Big Talk	Reflection Notes
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Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			