

How to Deal with Others in Social Settings

If you claim to have difficulty dealing with other people in social settings, you must focus first on improving yourself before approaching others or the setting. The leading cause of difficulty relating to others in social settings is viewing others as the problem rather than dealing with the issue by first focusing on yourself. In order to deal with others in social settings, you must have realistic expectations about yourself and about other people. Know that no one is perfect, not even yourself. Developing the Body-Mind-Spirit connection within yourself is a crucial step toward interacting with others. Building healthy self respect and self esteem, knowing where you are headed in life and why, knowing what you believe and why, and developing good communication skills are all crucial components of strength and stability you can bring to a social setting.

Empathy and understanding are key components to dealing with others in social settings, in part because both promote forgiveness and willingness to compromise. Empathy is a trait you can easily learn by attempting to place yourself in another person's position. Viewing a situation from the perspective of another person promotes compassion because it allows you to understand their motives. Teaching yourself to develop this mental empathy will assist you in modifying your own faulty thought patterns and behaviors that might be perceived differently by someone other than

yourself. Training yourself to take on multiple perspectives will promote shared emotions between yourself and those with whom you must interact in social settings. If you respect yourself and have a firm sense of purpose, then understanding the purpose of others will allow you to give them the same respect you have for yourself.

A healthy exchange of giving and receiving—but not taking—is another component crucial to dealing with others in social settings. In dealing with others you must be patient, thoughtful, honest, and committed to giving with no expectation of receiving and no consideration of taking. Approach others in social settings with the intent of helping others pursue their purposeful actions. Forming yourself into a complete giver will promote others to seek you out because you, as a giver, will be driven by the higher levels of desire to serve and to achieve freedom from all desires. Relinquish your desire for possession; know that no person can own an abstract idea or a material object. In the flow of the brook there is no ownership and no attachment. If you relinquish attachment to people, objects, or ideas in the social setting, you will not experience loss when giving or when coming into contact with takers. Therefore you will not experience unhappiness. As a giver, you must apply the five positive core values of integrity, commitment, persistence, teamwork, and communication. If you are committed to giving, a healthy, two-way relationship will soon develop.

To summarize, most social conflicts are the result of internal conflicts. Once you resolve your internal conflicts, you will be prepared to assist others in their own internal resolution, and this will calm the turbulence you notice in your social settings. To begin

your internal resolution, release your desire for wealth and lust. This will leave only the desire to give. If you desire only to give, people will be drawn to you and your self esteem will rise. If you have trouble reaching the last level of desire, the desire for freedom, make a continued effort to meditate on the trinity. Soon you will find inner peace that cannot be disrupted by the obstructions others cause.