HOW TO CONFIDENTLY CONNECT WITH ANYONE

Simple Shifts. Real Conversations.
Stronger Connections.



START CONVERSATIONS NATURALLY
Break the ice with ease and authenticity.

BUILD REAL CONNECTIONS
Move beyond small talk and create real rapport.

OVERCOME OVERTHINKING
Quiet self-doubt and show up with confidence.

CONNECT WITH CONFIDENCE
Feel more comfortable in any social situation.

HANDLE AWKWARD MOMENTS
Navigate silence, nerves, and hiccups like a pro.

CONFIDENT SOCIAL SKILLS

CONTENTS

Introduction - Have You Ever Felt This Before? 02

Why Starting Conversations Feels So Hard 03

The Confidence Myth 04

The 3 Easiest Ways to Start Conversations 05

How to Keep The Conversation Going 08

The Biggest Conversation Mistakes to Avoid 10

The 5 Conversation Practice Challenge 12

Take the Work Deeper 14

INTRODUCTION

Have you ever felt this before?

You see someone you'd like to talk to.

Maybe it's someone at a coffee shop, a coworker you've passed a dozen times, or someone standing next to you at an event.

Part of you wants to say something.
Start a conversation.
See where it goes.

But instead, you hesitate.

Your mind starts running through questions.

What should I say?
What if it's awkward?
What if they don't want to talk?

So you stay quiet ... and the moment passes.

If that experience feels familiar, **you're not alone**.

Many people struggle with starting conversations – not because they lack intelligence, personality, or interesting things to say, but because **they've never learned how to approach these moments with confidence and ease.**

The truth is, **social confidence isn't something people are simply born with. It's a skill**. And like any skill, **it can be practiced and improved**.

In this guide, you'll learn a few simple ways to **start conversations naturally, break the ice without feeling awkward**, and begin building the kind of **social confidence that grows through real interaction**.

You don't need to become someone else.

You just need a few practical tools – and the willingness to try.

Let's begin.

WHY CONVERSATIONS FEEL SO HARD

If starting conversations feels hard, it's not because something is wrong with you.

It's because several natural psychological patterns are working against you at the same time.

The first is **fear of social risk**.

Humans are wired to care deeply about how we're perceived by others. For most of our history, belonging to a group was essential for survival. Because of that, even small moments of potential embarrassment – like saying the wrong thing or being ignored – can trigger hesitation.

Your brain is simply trying to protect you from social rejection.

The second pattern is **overthinking**.

When you consider starting a conversation, your mind immediately tries to plan the "perfect" thing to say. But conversations don't work that way. The more you try to script the interaction in advance, the more pressure you put on yourself.

What should be a simple moment suddenly feels like a performance.

The third pattern is something psychologists call **the spotlight effect**.

This is the tendency to believe that other people are paying far more attention to us than they actually are. We imagine that if we say something awkward or stumble over our words, everyone will notice and remember.

In reality, most people are thinking about their own lives, their own plans, and their own worries. They're not analyzing you nearly as much as you think.

Once you understand these patterns, something important begins to shift.

Starting conversations stops feeling like a personal flaw you need to overcome.

Instead, it becomes something much simpler:

A normal human skill that improves with practice

THE CONFIDENCE MYTH

One of the biggest misconceptions about confidence is that it comes **before** actions.

People often think that confident people must feel calm, comfortable, and self-assured before they start conversations with strangers or introduce themselves to new people.

But that's not how confidence works. In reality, most confident people didn't start feeling confident at all (I definitely didn't).

They started by doing something that felt uncomfortable.

They spoke up when they weren't sure what to say.
They introduced themselves even when they felt nervous.
They started conversations that sometimes felt awkward.

And over time, those experiences began to change how they saw themselves.

This is because confidence doesn't come from waiting until you feel ready.

Confidence comes from taking action first.

Every conversation you start – even the awkward ones – gives your brain new evidence that you're capable of handling social situations.

Each interaction builds familiarity, and familiarity slowly turns into comfort.

Eventually, the thing that once felt intimidating begins to feel normal.

Not because you suddenly became a different person, but because you gave yourself enough experiences to prove that you could handle it.

Confidence isn't the prerequisite for action.
It's the result of it.

That's why the goal isn't to wait until you feel confident.

The goal is to start small, practice often, and allow confidence to grow naturally through experience.

THE 3 EASIEST WAYS TO START CONVERSATIONS

Starting conversations doesn't require clever lines or perfectly crafted questions.

In most everyday situations, the easiest way to begin talking with someone is simple to comment on what's already happening around you.

You don't need to impress people.

You just need a natural starting point.

Here are three of the simplest and most reliable ways to start a conversation with almost anyone.

#1 - The Observational Opener

One of the easiest ways to start a conversation is to **notice something and comment on it.**

This could be something about the environment, something the person is wearing, or something happening in the moment.

Examples:

- "That looks like a great book. Have you read it before?"
- "I love your shoes. Where did you get them?"
- "This place is busier than I expected today."

Observation openers work because they feel **natural and low pressure**. You're simply acknowledging something that's already there.

From there, the conversation can grow naturally.

#2 - The Situational Question

Another simple approach is to ask a **question about the situation you're both in**.

This works especially well in shared environments like events, coffee shops, gyms, or classes.

Examples:

- "Have you been here before?"
- "Is this place usually this busy?"
- "How did you hear about this event?"

Situational questions are effective because **you already have something in common** – the place or experience you're both part of.

That shared context makes the conversations easier to start.

#3 - The Curiosity Question

Sometimes the best way to begin a conversation is simply to **show genuine curiosity about someone**.

Most people enjoy talking about their experiences, interests, and perspectives.

Examples:

- "What kind of work do you do?"
- "What got you interested in that?"
- "What do you like to do when you're not working?"

The key here isn't the exact question.

It's **genuine curiosity**.

When you're truly interested in learning about someone, the conversation tends to flow naturally.

A Simple Tip to Remember

When in doubt, keep it simple.

You can almost always start a conversation by doing one of these three things:

Notice Something.
Ask about the situation.
Show curiosity.

That’s it.

You don’t need the perfect words.

You just need to start.

HOW TO KEEP THE CONVERSATION GOING

One of the most common worries people have about starting conversations is this:

“What if I run out of things to say?!”

This fear causes many people to hesitate before even starting a conversation.

But the truth is, most conversations don’t continue because someone says something brilliant.

They continue because both people show **interest and curiosity**.

You don’t need to come up with perfect topics or clever questions.

You simply need to stay engaged with what the other person is saying.

A simple way to do this is by following a natural conversation pattern.

The Follow-Up Loop

Most good conversations follow a simple rhythm:

Listen → Respond → Ask

First, listen to what the other person says. Then respond with a brief comment or reaction. Finally, ask a follow-up question that keeps the conversation moving.

For example:

....

Person (Listen):
"... I just moved here a few months ago"

You (Respond - Ask):
"Oh, nice. What brought you to the area?"

Person (Listen):
"I started a new job downtown"

You (Respond - Ask):
"That's exciting. What kind of work do you do?"

Each follow-up question creates another opportunity for the conversation to grow. The goal isn't to interrogate someone with endless questions. Instead, think of it as **exploring a topic together**.

Share a Little About Yourself

Conversations also become more natural when you occasionally share something about yourself.

For example:

Person (Listen):
"... I moved here for work"

You (Respond - Ask):
"Oh, cool. I moved here a few years ago too. What kind of work do you do?"

This creates a **balanced conversation**, rather than one person doing all the talking. Additionally, sharing parts of yourself creates a sense of trust, and also gives them something to ask you about later in the conversation.

A Helpful Reminder

If you ever feel stuck in a conversation, return to this simple approach:

Be curious.
Ask a follow-up question.
Share a little about yourself.

... thats often all it takes to keep the conversation moving.

THE BIGGEST CONVERSATION MISTAKES TO AVOID

When people struggle socially, it's often not because they don't know how to start conversations.

It's because a few small habits quietly get in the way of natural connection.

Once you become aware of these patterns, they're much easier to change.

Here are three of the most common mistakes people make when starting or having conversations.

#1 - Trying Too Hard to Be Interesting

Many people enter conversations feeling like they need to impress the other person.

They search for clever things to say, try to appear entertaining, or worry about whether they sound interesting enough.

But good conversations rarely happen because someone is performing well.

They happen because both people feel comfortable and engaged.

Instead of trying to be interesting, focus on **being interested**.

When you show genuine curiosity about someone, the conversation becomes much easier for both of you.

#2 - Overthinking What to Say

Overthinking is one of the biggest barriers to natural conversation.

When your mind is busy trying to plan the perfect sentence, it becomes difficult to listen and respond naturally.

This can make conversations feel forced or stressful.

The truth is, most conversations don't require perfect wording. They just require simple, honest responses in the moment.

The goal isn't perfection. It's participation.

#3 - Treating the Conversation Like an Interview

Another common mistake is asking too many questions without sharing anything about yourself.

While curiosity is important, conversations work best when both people participate.

If you only ask questions, the interaction can start to feel like an interview.

Instead, occasionally add a small comment or personal experience to the conversation. This helps create a more relaxed and natural exchange.

For example:
"I've always been curious about that kind of work. What got you interested in it?"

This simple shift keeps the conversation balanced.

A Helpful Reminder

Good conversations don't require perfect words or impressive stories.

They simply require **presence, curiosity, and a willingness to engage**.

When you focus less on performing and more on connecting, conversations tend to flow much more naturally.

THE 5 CONVERSATION PRACTICE CHALLENGE

Reading about social confidence is helpful.

But confidence doesn't grow from information alone.

It grows from **real conversations and real experiences**.

That's why the most important step after reading this guide is to begin practicing.

You don't need to start with big or intimidating interactions. Small moments of connection are more than enough.

Use the simple tools you learned in this guide and try the following challenge over the next few days.

The 5 Conversation Challenge

You goal: **start five small conversations**.

These conversations don't need to be long or perfect. They can be brief, casual interactions in everyday places.

For Example:

- Say hello to someone at a coffee shop
- Ask someone a simple situational question
- Comment on something you notice around you
- Start a short conversation with a coworker or classmate
- Ask someone about their day

Each interaction counts.

What matters most is that you **take the initiative to begin the conversation**.

What You Might Notice

At first, you might feel a little nervous.

That's completely normal.

But after a few interactions, something interesting often happens.

You begin to realize that most people respond positively to simple, friendly conversation. And even when a conversation is short or slightly awkward, it usually isn't nearly as uncomfortable as you imagined.

Every conversation you start is a small step toward building greater comfort and confidence.

Remember

You don't need to be perfect.

You just need to practice.

Confidence grows through action.

YOU DON'T HAVE TO FIGURE THIS OUT ALONE

You didn't just download a guide.

If you made it this far, there's a good chance you recognized yourself in these pages. But knowing what to do is only part of the equation. The next step is understanding what's actually getting in your way.

That's why I created the **Social Confidence Assessment**.

It's a free assessment designed to help you identify the patterns that may be holding you back socially—whether that's overthinking, avoidance, self-doubt, disconnection, or something else.

When you finish, you'll receive your Social Confidence Profile with personalized insight into where you may be getting stuck and what to focus on next.

Take the Free Social Confidence Assessment

Ready to Take The Next Step?

Understanding what's holding you back is important. But lasting change comes from putting what you learn into practice.

And you don't have to do that alone.

Through my **private coaching program**, we'll work together to understand the patterns keeping you stuck, build the skills to connect more confidently, and take meaningful action toward the social life you want.

Whether you're struggling with social anxiety, overthinking conversations, speaking up for yourself, or building deeper relationships, coaching provides personalized guidance, practice, and accountability.



Corey Baum
Confident Social Skills