

1. Who the heck is Ken and why should we listen to him?
2. Seeing how this will work and breaking the ice. If you were a vegetable, fruit or plant what would you be and what made you be this plant?

RISK- The Risks of Being Social

- **Uncertainty**
- **The Unwritten Rules**
- **Context- Should I focus on the bark, tree or forest?**
- **Dealing with Changing Relationships (Change is the only constant)**
- **Manipulation-Fraud**
- **Inconsistency of People**
- **Everyone screws up sometimes being social- Perfection is the enemy**
- **Dealing with A-holes, the unstable, and bullies**
- **Other things you guys can think of?**
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Since there is Risk in being social why bother?

Everything valuable takes risk and effort.

Questions, stories, comments, concerns, tell Ken why he is stupid, etc?

REWARDS OF BEING SOCIAL

- **Friends**
- **People to share (special) interests with**
- **Building a Family- Getting Along with Family**
- **Money, material, professional and educational success**
- **Humans are social by nature- Following nature**
- **Fun- Stopping Boredom**
- **Sharing in tragedy and triumph**
- **Being a detective**
- **The Psychology Angle**
- **Selling Self and Stuff**
- **Sharing Secrets and Being Intimate with Others**
- **Making Life Easier**
- **Dealing with Anxiety, Depression and Ennui**
- **Because You Have to Deal With People Whether You Want To or Not**
- **Being Social Is A Kind of Intelligent**
- **Building Confidence By Dealing with Success and Conflict**
- **Anything Else You Can Think Of?**

Questions, stories, concerns, existentialist questions regarding the rewards of being social?

MOTIVATION- Tring to be social and the pro/cons of all motivators

What Motivates ¹

- **External Motivators- Money, Power, Rewards**
- **Intrinsic Motivators- Just want to, internal success, Mastery**
- **Social/Emotional Motivators- Belonging, having friends**
- **Attention- Others Recognizing You, Public Praise**
- **Control- Having power and choice over environment and interactions**
- **Sensory- Getting/avoiding sensory input**
- **Pain- Avoiding Pain, getting needs met when in pain**
- **Fear Based- Avoiding, managing and coping with fear**
- **Escape- How to get out of some situations**

What motivates you the most?

Keeping your motivators in mind when being social...

What do you want in being social?

Reinforcing motivators....

Motivation questions or concerns?

Next time: Basic non-verbal communication, emotions in others and meeting new people

Free Discussion

¹From *Oppositional, Defiant & Disruptive Children and Adolescents: Non-medication Approaches to the Most Challenging Behaviors* By Walls (2017) pg 23-31