

### 3. Your Comfort Level When Meeting People

Using a scale of 1 to 10 with 10 being the strongest, answer the questions below in the context of meeting someone new at school or work and in a social setting:

	School/ Work	Social Setting
How comfortable do you feel?		
How friendly are you?		
How easily do you make eye contact?		
How easy is it for you to get someone talking to you?		
How often do you remember the person's name?		
How good are you at finding common ground?		

If there is a difference in your comfort level at work and in social situations, why do you think that is? What are some things you could do to increase your comfort level in different settings?