

Reasons we are afraid of having Conversations



Man is a social animal. Yes we are. We love being amongst people, interacting and knowing them.

But when a little research was done, do you know what is the common observation?

People are still hesitant to have conversations with others, particularly with strangers. So, if we are supposed to be social animals and our basic survival factor is based on human interactions, why is it that we are so scared of making those conversations?

Let us look at some of the reasons, some of which might strike a chord with you, for not being able to have conversations.

1) JUDGEMENTS

The most common of factor of all, what will he/she think of me!!! In Hindi we say “Log kya sochenge.” People are anxious of the judgements the listener will form for them. It is not hidden that we keep evaluating the person we are talking to, and the same will happen for us. And this nervousness becomes a hindrance on us opening up to the communication.

2) WHY ARE WE EVEN TALKING

We tend to find meaning the reasoning behind our conversation. It might be for some information, some leads, some knowledge or networking. And if we don't find any of such reasons, we tend be uninterested and anxious about the conversations. Imagine yourself talking to a whole stranger, with no purpose. Wont you get edgy?

3) WHAT TO TALK

Another major factor observed why we are nervous of conversations is, we often run out of topics to talk on, and wonder what should we speak next. This majorly happens when it comes to a complete stranger. Even with people we know, there comes a point of awkward silence, after few minutes of conversing

4) AM I KNOWLEDGEABLE

We often rate ourselves lower and the person higher on the scale of knowledge. We feel we might lack some wisdom or facts, and we might be judged as an ignorant professional if we speak more. Doesn't this happen a lot, specially when we are surrounded by highly experienced professionals?

5) LANGUAGE BARRIER

Sometimes we might feel out of place in the conversation when the person might be highly fluent in a particular language and we are struggling to comprehend it. At those times we choose to remain silent and participate less. This can also happen with different accents, like British, American or any accent we are not familiar with.

6) LOST DURING CONVERSATIONS

Lot of people tend to drift in their own dreamy world in the middle of the conversation, not out of choice but out of habit. And when you know you are capable of doing this, you participate less in conversations.

We all can relate to one or more of these reasons, which stops us from having the best of the conversations.

Note down what is yours and we shall tackle them in the next article.

CA Parinita Agarwal Adukia

Personal branding strategist

