

## High and Low Energy Social Skills

Social skills involve a great deal of non-verbal communication, such as how we stand, how loud we speak, and even the way we tilt our heads. Such cues can provide physical indicators of empathy and help show whether we are currently high or low energy (Wendler, 2020).

One vital way to improve our social skills is to match our energy with our partners or the group we find ourselves in. For example, if we enter a meeting and everyone is excited about a new product launch, low energy may mean we fail to appear part of the team.

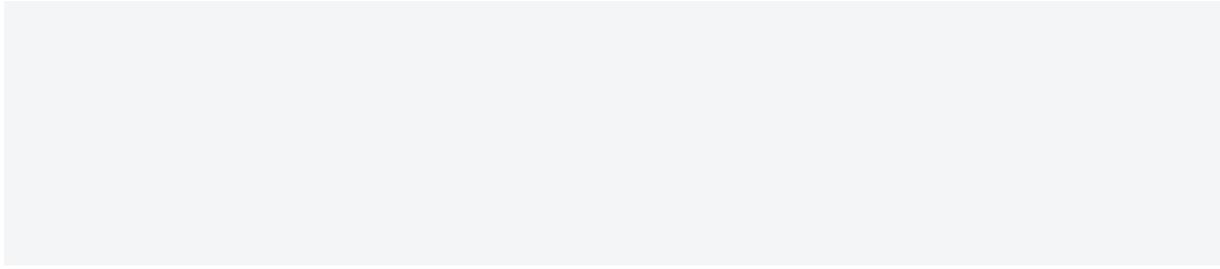
This worksheet helps consider the energy exhibited by yourself and your partner(s) or group and whether they match.

Think of a time when a friend, colleague, partner, or group was high in energy. Perhaps finishing work on a Friday or returning from a great workout – they were most likely excited, expressive, and loud.

How did you respond? High energy or low energy – reserved, relaxed, and quiet:

Think of a time (real or imagined) when a friend, colleague, or partner is low in energy. Perhaps they have received bad news from a relative, or it's been a long day, and they are heading up to bed.

How did you respond? High energy or low energy?



Reflect on both examples. If you match your partner's or group's energy in social settings, it shows empathy and can help you mix and improve social skills.

Note that there will be times when your personal circumstances or events prevent or discourage you from energy matching and it is important to practice self-care.

## References

- Wendler, D. (2020). *Improve your social skills*. Portland, Or.: Daniel Wendler.

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