

# The Social Dos and Don'ts of Being a Young Adult

As a young adult, you're entering a new phase of life where social interactions become increasingly important. It's a time to explore your independence, make new friends, and develop your own social style. But it's also a time when you need to be mindful of your social behavior.



## AWKWARD: The Social Dos and Don'ts of Being a Young Adult by Carlos Torres

★★★★☆ 4.4 out of 5

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Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 601 pages



Here are some dos and don'ts to help you navigate the social landscape as a young adult:

### Dos

- **Be yourself.** Don't try to be someone you're not. People can tell when you're being fake, and it will make it harder to make genuine connections.
- **Be open and approachable.** Smile, make eye contact, and be willing to start conversations. People are more likely to want to get to know you if you

seem friendly and approachable.

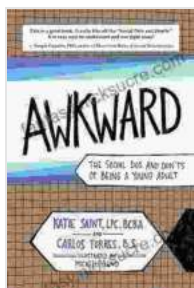
- **Be a good listener.** When someone is talking to you, really listen to what they're saying. Show them that you're interested in what they have to say by asking questions and nodding your head.
- **Be respectful of others.** Treat everyone with kindness and respect, regardless of their age, race, gender, or sexual orientation. Everyone deserves to be treated with dignity.
- **Be responsible for your actions.** If you make a mistake, own up to it and apologize. Don't try to blame others or make excuses.

## Don'ts

- **Don't be afraid to be alone.** It's okay to spend some time by yourself. It can be a good way to recharge and reflect on your life.
- **Don't be too quick to judge others.** Everyone is different, and we all have our own unique experiences. Try to be understanding and accepting of others, even if you don't agree with them.
- **Don't be afraid to ask for help.** If you're feeling overwhelmed or lost, don't be afraid to ask for help from a friend, family member, or counselor.
- **Don't be too hard on yourself.** Everyone makes mistakes. Don't beat yourself up if you don't always live up to your own expectations.
- **Don't be afraid to grow and change.** As you get older, you'll change and grow as a person. Don't be afraid to embrace these changes and learn from your experiences.

Navigating the social landscape as a young adult can be challenging at times. But by following these dos and don'ts, you can increase your

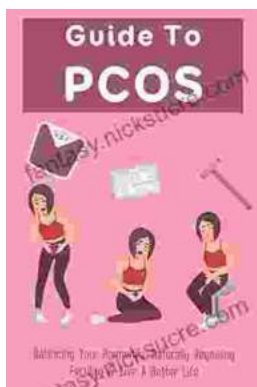
chances of success.



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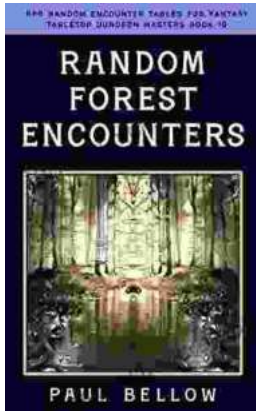
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