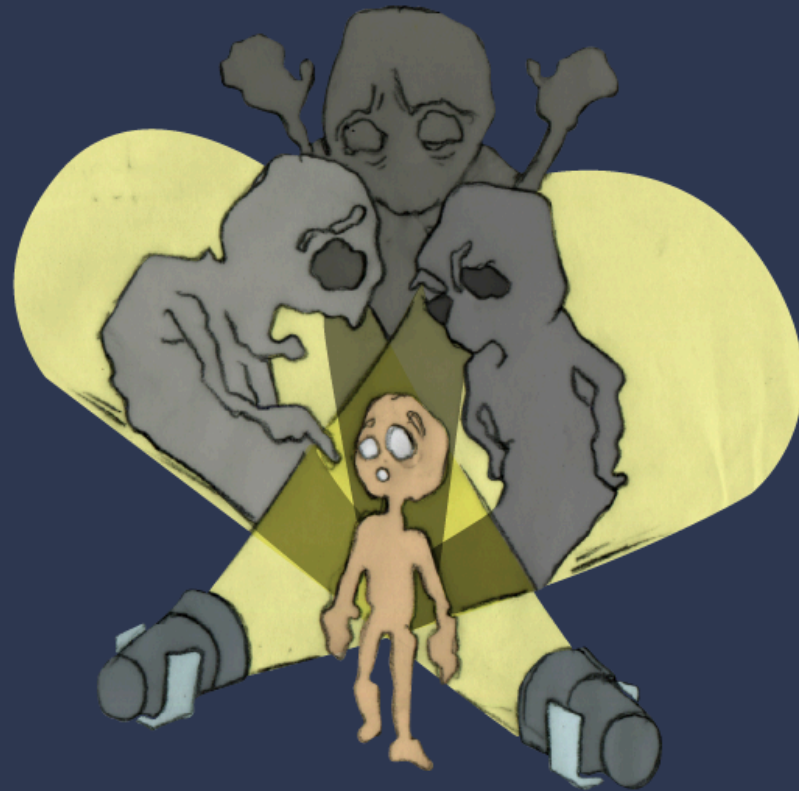talkin' taboos

defining awkward

what (if anything) makes you nervous about other people?

feelings of inferiority towards others

17

feelings of being judged by others

21

fear of not sharing things in common

7

difficulties communicating in a relaxed way

9

feelings of alienation due to perceived differences

17

none of the above, what are you talking about, other people don't make me nervous at all!

1

	20%	40%	60%	80%	100%

any options missing from question 1? (fill 'em out here)

I forgot what question 1 was asking exactly

feelings that they may not see me as an equal and put me in a box of definites (someone like this, should be like this only, etc)

Fear of not having anything to say and having awkward silence Fear of not being able to be "normal" in communication

-Not able to communicate whatever I feel or think in a way that delivers it in an understabdable /relatable way to others. This causes a feeling of deep alienation.

Feeling that I don't have the permission from other people to connect with/approach them

Feeling I need to meet certain expectations/criteria ib order to be welcome

I worry that people want/expect things from me that I cannot provide.

being disliked, others being put off

Fear of being misunderstood or saying the wrong thing

I don't know how to get to the points I want to talk about without people looking at me extremely weird and ignoring or subverting my questions.

being misunderstood,

Somebody ask me for a higher loan.

I feel like it's just a natural tension of meeting new people due to not knowing what kind of dynamics to expect and whose suppose to lead the conversation

Feeling I'm seeing not nice or friendly or bossy. I don't like speaking up to strangers to avoid being perceived a certain way. Good question

Don't know how to leave a conversation

Show less

How do you deal with discomfort in social situations? 👤 27

keep quiet and observe.

22

talk a blue streak and hope I'm making sense.

5

thank fuck for smart phones (resumes doom scrolling)

4

I avoid uncomfortable social situations.

11

rely on friends/colleagues to keep things going.

11

20%   40%   60%   80%   100%

What would you wish was different about how social gathering/encounters with strangers take place?

It would be nice if people would take life less seriously. It seems like people hold their opinions too tightly and if people were less serious about their thoughts social interchange could be easier

Physical interactions could make gatherings less challenging. For instance if culturally speaking it was more accepted to mix dancing and other types of physical closeness.

If somehow the gatherings would eliminate the possibility to show status. Like that people would be more levelled to a similar ground

That everybody understood, small talk is just another way towards connecting with each other, and doesn't work one way

Less formal is better 🙂

I'd wish for people to be more open minded about people and situations instead of assuming one standard for all. Acceptance of differences should also be a point. Disagreement without being rude.

Sometimes have a need to be more direct and honest.

That people are more open to start conversations

Less pressure on being social!

Host makes sure to welcome, accompany, and introduce new people to the group.

I wish for gatherings to be 'warm' were people are not 'marking their territory'. I wish for open fire talks in nature.

Care less about what other people might think of me

In one-on-one encounters, having a list of questions to

Show more

Host makes sure to welcome, accompany, and introduce new people to the group.

I wish for gatherings to be 'warm' were people are not 'marking their territory'. I wish for open fire talks in nature.

Care less about what other people might think of me

In one-on-one encounters, having a list of questions to break the ice at the begging.

I wish we all felt/understood that public places are places where we have 'permission' (so to speak) to speak to others, and that speaking to others isn't tied to expectations other than communication

Feel like everyone is already a friend

my self

no phones / implicit understanding that strangers approaching each other does not mean: pick-ups, harrassment, and that most adults are capable of dealing with the few times this might be the case.

I wish we had a culture where it's ok to say "I'm not interested in this topic, can we talk about [another topic] instead?"

Less small talk, more vulnerability

having some indicator of communication styles/ expectations/topics people prefer (colored wristbands?)

I recently stopped drinking and have found it harder to socialise at parties, dinners, etc where others are drinking... maybe it would be easier of there were more sober events

Introducción of everyone

people an events being more understanding of different needs and energy levels everyone can have

I wish there's less small talks

Show less

which of the following things do you feel uncomfortable discussing with others? (check all that apply)

money / class

4

relationship difficulties

10

family difficulties

8

breakups / being single

5

health / illness

3

mental health struggles

5

religious / spiritual beliefs

5

religious / spiritual beliefs

▬▬▬▬▬ 5

sex / fetishes

▬▬▬▬▬▬▬▬▬▬▬▬▬ 13

(perceived) failures

▬▬▬▬▬ 6

20%   40%   60%   80%   100%

Show less

What life event would you like to discuss with someone but are afraid to do so? (fee free to change details for anonymity but please no 100% fiction) 👤 12 💬 14

Abortion psychological effects from the male side, as normally you're told that it's a 50/50 decision but it can't be 50/50 otherwise yes + no = flip a coin (no one does that).

The time I found out I was not like other men, and needed to take additional hormone injections to fit into society as a man (and still failing). Strangers are unware something like this also happens.

Depict the world as it is.

Feeling uncomfortable by being perceived by others as perfect/great at everything.

What are the appropriate boundaries to set for a loved one who is unable to respect them due to mental health issues?

The more awkward and shameful parts of failed relationships - nitty gritty of both the sexual side and the small, petty stuff

bouts of depression due to loneliness

Sexual satisfaction

Their decision to have or to not have children

Desire to say fuck it to absolutely everything and everyone

Depends on person. No general answer

Depends.

I don't really have any taboo topics

small, petty stuff

bouts of depression due to loneliness

Sexual satisfaction

Their decision to have or to not have children

Desire to say fuck it to absolutely everything and everyone

Depends on person. No general answer

Depends.

I don't really have any taboo topics

Like peoples physical appearance

Show less

Were you ever outcast/made fun of as a child and has it influenced your behaviour as an adult in any significant way? 👤 25

yes
19

no
6

| 20% | 40% | 60% | 80% | 100% |

have you ever been wrongly judged by others without the opportunity to clarify/resolve? 👤 25

yes
20

no
3

still trying to resolve exactly such a situation
2

| 20% | 40% | 60% | 80% | 100% |

Have you ever publicly failed at anything?

yes

13

no

5

depends how you define failure (see next slide)

7

20%   40%   60%   80%   100%
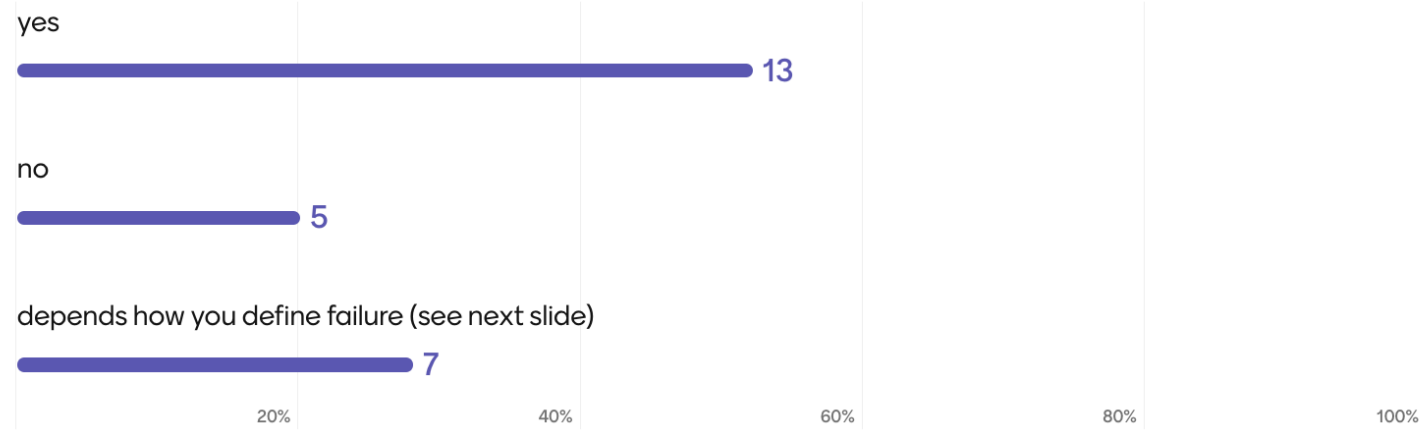
if yes to previous question, how do/did you define 'failure'?

11   12

Not achieving what society expects of you. Society = friends + family

Setting a goal for yourself, and then finding out you can't really do that. And more so admitting it to family.

Poor judgement of situations.

Not beeing able to solve a task in a specific amount of time due to the lack of the skills needed

Not performing up to expectations in a somewhat significant/important task.

A goal that I set for myself that I did not complete in the way others would have completed it.

Falling short of my own or others expectations. Receiving negative feedback.

didn't meet expectations

The outcome wasn't what I hoped it would be.

failing (not able) to do something I know I am capable of achieving

not living up to my expectations / values (including how I react to other failures)

Didn't behave due to social expectations