

Re: Question about SLAA handbook
Posted by Sturggle - 17 Aug 2009 21:04

I haven't read through the whole SLAA handbook, but I have started and it is open on my desktop. Sorry, Eye, I'm not here to give any answers, I just think it's a really good question and am looking forward to an answer as well. I think I might have a similar issue. I see myself as someone who is very much a people person and I find that I can really connect to others. I feel that I much better at one on one, though, than with group dynamics. With groups, I get shy a lot, get left to the side... I often wonder if this is a part of me that can be worked on and where it might be coming from...

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Re: Question about SLAA handbook
Posted by Elya K - 26 Aug 2009 20:31

Don't box yourself in an consider yourself anorexic. go to Toastmasters and take a public speaking course and I guarantee you, you will enjoy groups and even

speaking in front of people. I was very introverted and this taught me with practice to feel at home speaking and in groups. It's all about fear of being "found out"

Our insides never match what we see on the outsides of others.

Elya

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