**People with poor social skills display these 9 behaviours (without realizing it)**

**By Isabel Cabrera: January 8, 2024**

Socialization can be tough, especially if your social skills aren’t quite up to par. Often, people with weaker social skills tend to struggle with this, making others feel uncomfortable without even realizing they’re doing so. Recognizing these behaviours can be the first step towards improving your social interactions.

1. **Lack of eye contact:** Eye contact is a fundamental aspect of human communication. It’s a non-verbal cue that conveys interest, attentiveness, and respect. However, people with poor social skills often struggle with maintaining appropriate eye contact. They might avoid it altogether or perhaps stare too intensely. This can make the other person feel uncomfortable or even disrespected. It sends a message, whether intended or not, that the person isn’t fully engaged in the conversation.
2. **Interrupting others:** Interrupting others can come across as disrespectful or imply that you’re not interested in what they have to say. It’s important to learn the art of listening, not just waiting for your turn to speak, but genuinely hearing and understanding others. But this habit can actually be broken with some self-awareness and practice.
3. **Poor body language:** A study by Dr. Albert Mehrabian found that 55% of communication is conveyed through nonverbal elements such as facial expressions, gestures, and posture. This goes to show how crucial body language is in our daily interactions because body language speaks volumes. It’s a silent form of communication that can tell a story even before you utter a single word. When your body language is closed off or negative, it can make people feel unwelcome or uncomfortable around you. People with weaker social skills often have a hard time with this due to poor body language. They might slouch, cross their arms, or keep a constant frown on their face.
4. **Ignoring personal space:** Those with poor social skills often struggle with personal space. They might stand too close to others or invade personal space without realizing it. This can make others feel uncomfortable or even threatened. The key here is to be mindful of the personal space of others. It’s a simple way to ensure everyone feels comfortable and respected.
5. **Talking excessively about oneself:** People with poor social skills often tend to dominate conversations with their own stories, thoughts, and opinions, often neglecting to ask about the other person. This can give off the impression that they’re self-centred or uninterested in others. Remember that a conversation is a two-way street. It requires both speaking and listening in equal measure. Showing interest in what others have to say and asking them questions not only fosters better relationships but also makes you more likeable.
6. **Difficulty empathizing with others:** Empathy is the ability to understand and share the feelings of others. It’s what connects us as human beings, allowing us to build deeper, more meaningful relationships. Struggling with empathy is a sign of poor social skills. A lack of it may lead to difficulty relating to what others are going through or failure to pick up on emotional cues.
7. **Not recognizing non-verbal cues:** Non-verbal cues can sometimes speak louder than words. They include facial expressions, body language, tone of voice, and even silence. People with poor social skills often miss these non-verbal cues. They might come across as oblivious or insensitive without meaning to. Little observations can greatly enhance your social interactions.
8. **Struggling with small talk:** Small talk is important when it comes to socializing. It breaks the ice and sets the stage for deeper conversations. But for those with poor social skills, small talk can feel like a monumental task. They might find it hard to initiate or maintain casual conversations, often resorting to awkward silence or abrupt subject changes. This can make social situations stressful and intimidating.
9. **Failing to listen actively:** Active listening involves fully concentrating, understanding, responding, and then remembering what is being said. Unfortunately, those with poor social skills often fall short in this area. They might be physically present in a conversation but mentally elsewhere, planning their next response or simply zoning out. This goes beyond simple courtesy. Active listening builds trust and respect. It shows the other person that you value their thoughts and feelings.

Social skills are not innate, they’re shaped by our experiences, our relationships, our successes, and our failures. For those struggling with social skills, remember that change is possible. With awareness, practice, and patience, anyone can improve their social interactions. Recognizing one’s behaviours is the first step to making positive changes. Still, remember that it’s okay to make mistakes. Each misstep is an opportunity for growth and learning. And with time and effort, you can enhance your social skills and build more meaningful connections.

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