



# Conversation Cheat Codes

**15 Low-Stress Openers + Exit Lines for Social Situations** For anyone who freezes, overthinks, or goes blank when it's time to talk.

✨ Perfect for:

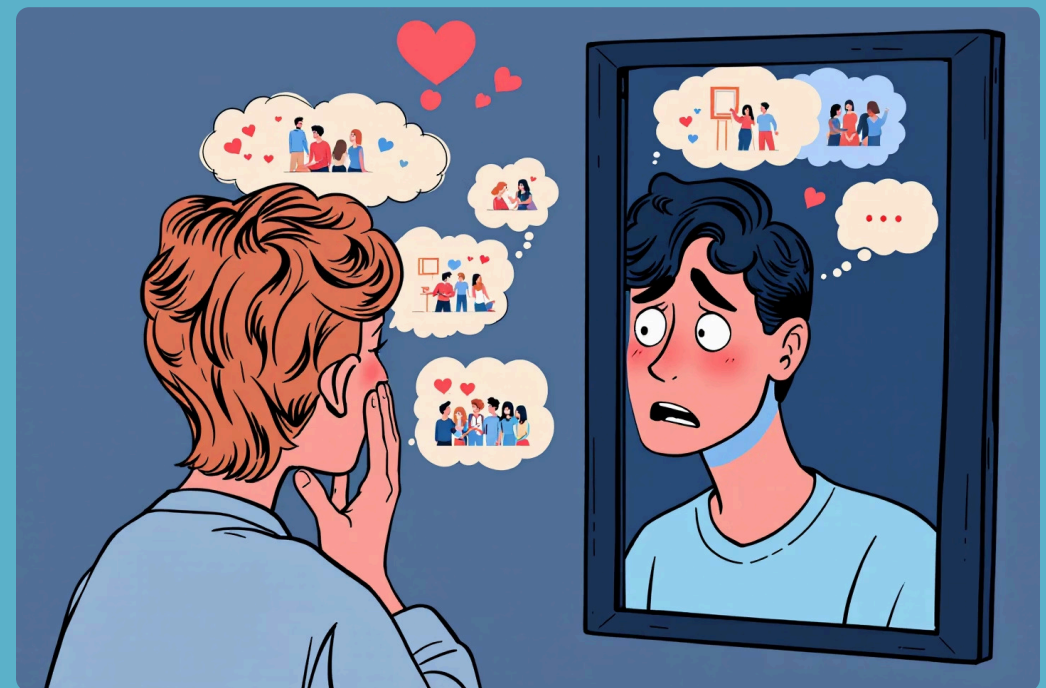
- Social events, classes, meetups, or first dates
- Teens, introverts, or anyone with social anxiety
- People who think, "I never know what to say!"



# Why Talking Feels So Hard

Social anxiety tells you that every word matters. That everyone's judging. That if you say the *wrong* thing, it'll be awkward forever.

But here's the truth: 💬 Most people are too focused on themselves to notice every word. 💬 You don't have to be smooth — just real.



➡️ Need a boost? Open <https://navigateanxiety.org> and ask: 💬 "Help me think of something to say."

# Low-Stress Openers

- Hi, I'm [Name] — I don't think we've met yet.
- So how do you know the host?
- Have you been to one of these before?
- What brought you here today?
- I'm always a little awkward at these things — is it your kind of vibe?

🎯 You don't need the perfect line — just a way in.



## Casual Responses That Work (Even If You're Nervous)

**Oh good question... I need a second to think!**

**I always blank on this one — do *you* have a good answer?**

**Honestly? I'm not sure yet — still figuring it out.**

✨ Honesty is refreshing — not a flaw.



## Conversation Lifesavers (When It's Quiet)

-  **By the way...**
-  **This might be random, but...**
-  **Do you have anything fun coming up?**
-  **Seen anything good on Netflix lately?**

📱 Still stuck? Ask Navigate Anxiety: 💬 "Give me a topic I can bring up."

# If You Want to Join a Group Conversation

- 1 Mind if I join you guys?
- 2 Hey, just jumping in — what are we talking about?
- 3 Smile, listen first, then say: That's interesting — I've always wondered about that.

★ Remember: You don't need to say a lot to belong.



# What to Say If You're Feeling Anxious



**I get a little quiet in big groups — but I'm glad to be here.**

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**Sometimes I overthink what to say — so thanks for being chill.**

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**I have social anxiety, so if I seem off — that's all it is.**

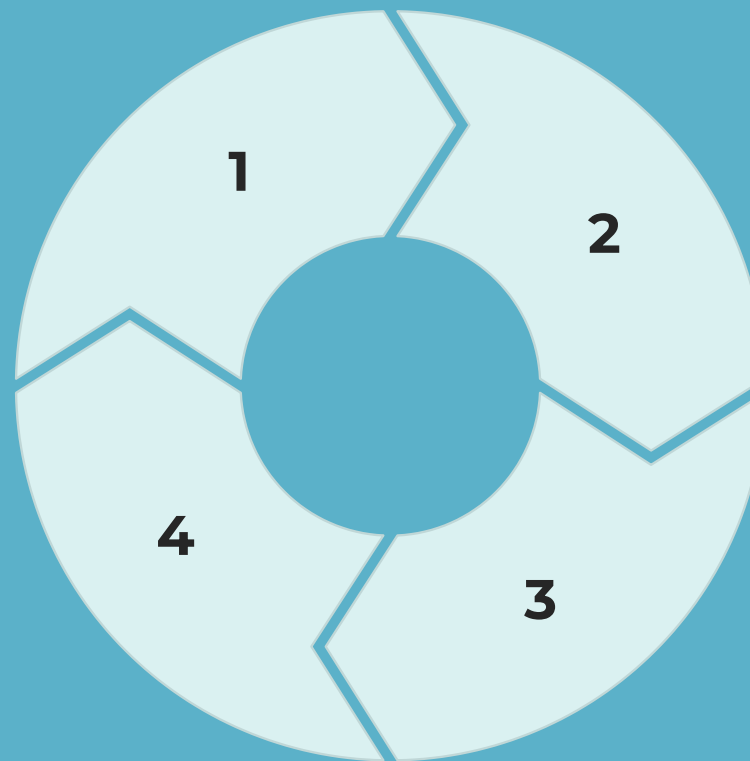
✨ Bravery can sound soft and simple.



# Graceful Exit Lines

**I'm going to grab some water — be right back!**

**This was fun — I'm going to head out but glad we talked!**



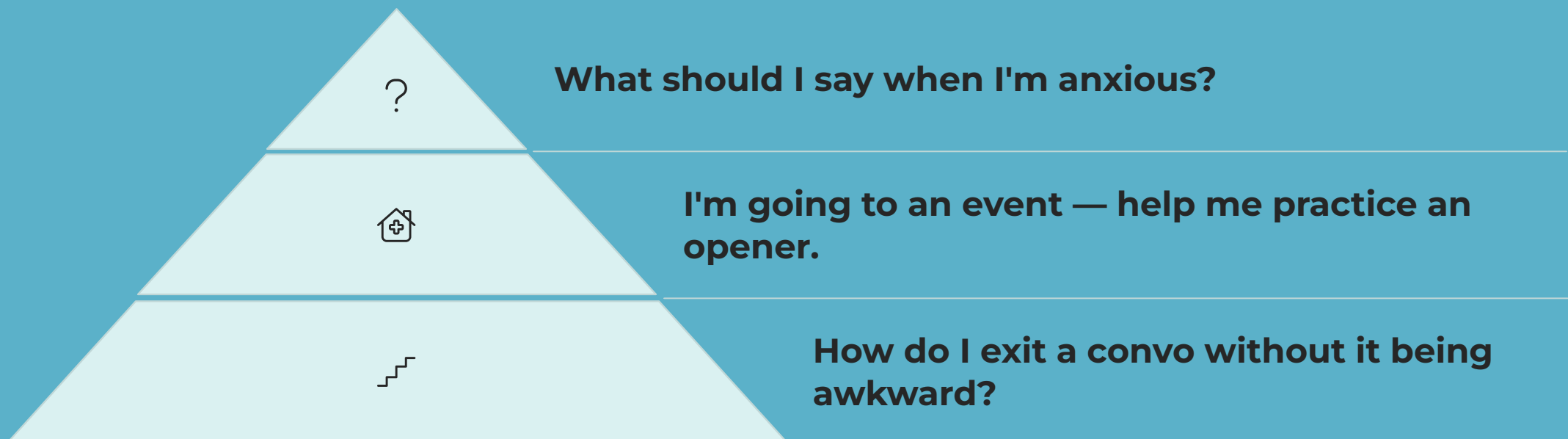
**I want to say hi to someone — so good chatting!**

**I'm taking a little quiet break. Hope to catch you later.**

💡 You're allowed to protect your energy.



# Let Navigate Help You Talk Through It



If you're spinning before a conversation or panicking mid-way, the app has you.

📱 Ask <https://navigateanxiety.org>:

You don't have to figure it out alone.

# Final Note: Connection Over Perfection

## 1

### Be You

Social success isn't about being charming. It's about being *you* — gently, honestly, and in your own time.

## 2

### Save

💬 Save this guide for your next conversation.

## 3

### Share

👉 Share it with someone who says, "I never know what to say."

You've got cheat codes now — and people who get it.

