

You ever find yourself in a social situation or conversation + you don't feel comfortable? Need to know how to get out of it?
Welcome to **FLOW LIFE SKILLZ!**



flow

With a conversation you want to get out of, sometimes your first line of defense is the "chill fade out." You can begin to slowly be less responsive until you aren't really talking anymore, then take your opportunity to say bye & peace out.

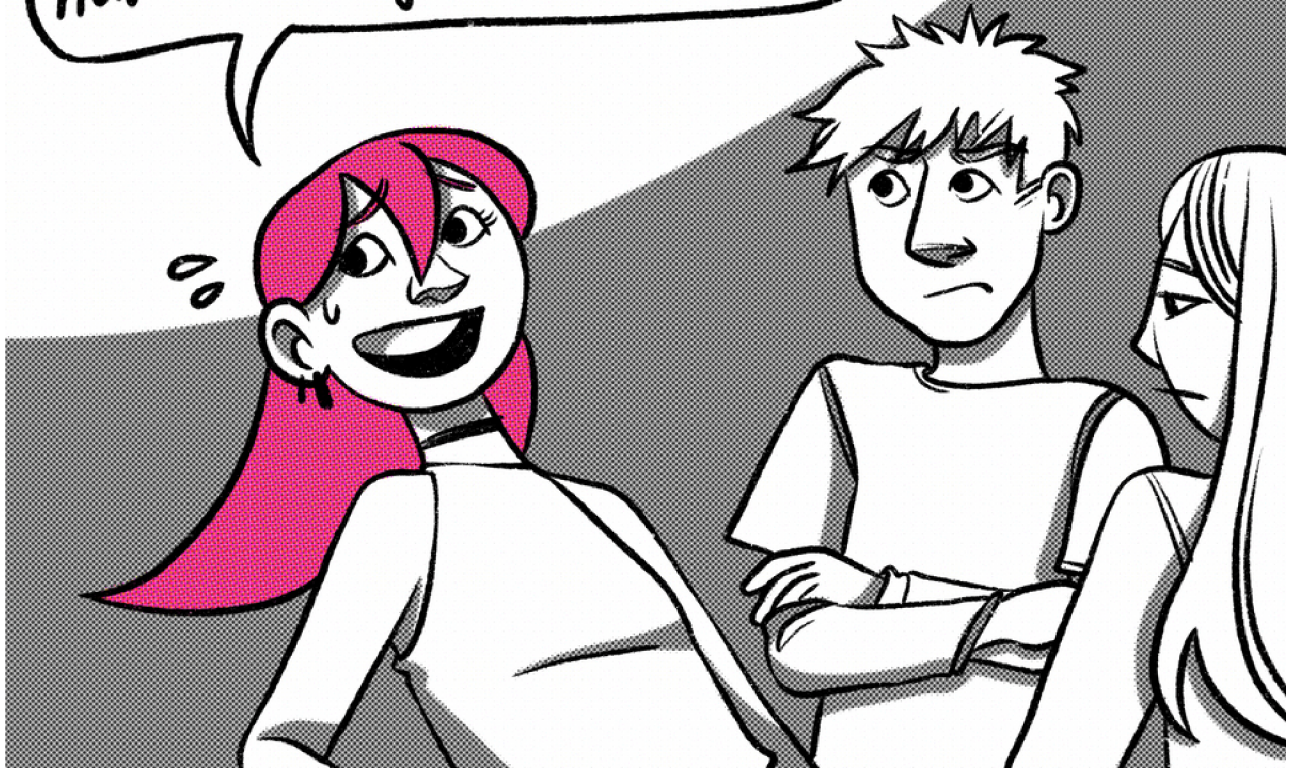




If you don't feel comfortable with that, it's good to have an adult you feel safe with on standby who feels cool being the "bad guy"

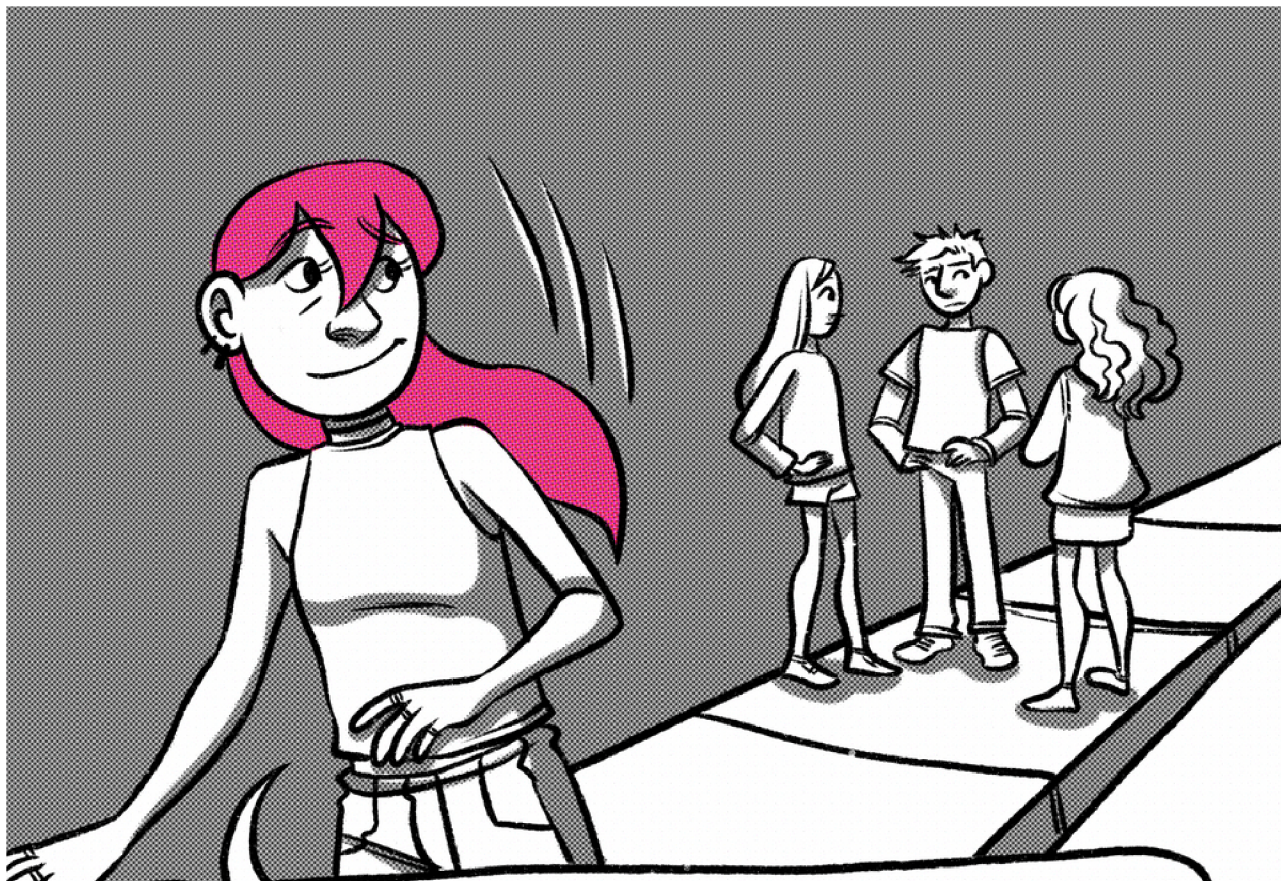
Like "oops guys I'm so sorry, my mom won't let me go to that party!"

If you're really struck
+ don't know what to
do, it can be okay to
hit them with a small
fib. "Oops sorry guys I
have to go, I have plans."





Obviously you don't wanna, like, spin a whole web of lies. Just something small, quick, & harmless to get you out of an uncomfortable situation.



At the end of the day, if you feel uncomfortable or unsafe in a situation, do what you gotta in order to get out.