

Re the phone call thing, the trick I use is to pretend the other person is phoning me. Assuming it's a conversation you want to have and you don't have problems talking to people generally then you can imagine how much easier it would be if they called you. Oh the relief! So I have my first sentence ready in my head (another trick) and while I'm listening to the ring tone I'm imagining it's my phone ringing and I'm just about to answer. Oh, hello... The only downside is that the extra prep adds to the annoyance if you get a machine or no reply but still, you started :-)

**Brett — Nov 20, 2019 06:37 am**

Nice, I'll have to try that :).