

DO NOT INCLUDE THE RED TEXT IN YOUR OUTLINE.

PF

SPC1608- S, 9:00am to 12:00pm

Speech Outline

Informative Speech

How to Get Along

I. Introduction:

- A. (Attention Getter) By a show of hands, how many people in here have ever interacted with someone they genuinely don't like? And out of those same people, how many of you have to interact with them on a daily basis? That's tough.
- B. (Establishing Your Credibility) As I am only human, I have come across a few people that I don't exactly get along with. Unfortunately, there is not always a way to avoid these people. I wanted to learn how to get along with them, so I did a bit of research.
- C. (Motivation for Listening) Today, I will teach you all how we will solve this shared problem.
- D. (Preview of Speech) First, we'll look into the reasons why we don't get along with some people. Second, we'll see how being around these people affect us physically and mentally. And finally, we'll learn how to make that tough situation, not so tough.

Transition to body of Speech

II. Body

- A. (First Main Point) Why don't we get along with certain people
 - 1. We live in a diverse community in which, not only do we look different but we also think differently and our diverse mindsets can cause conflicts amongst us.
 - 2. When looking for a friend or companion, we tend to gravitate towards people that are similar to us, but in the real world we are forced to work with people that aren't exactly like us.
 - 3. We live in a country that has people from many different cultures, backgrounds, and upbringings are bound to think differently from us. All of these differences can easily cause a divide amongst us. Maybe the other person has completely different political views than you, maybe you just think that other person is rude.

Transition: All in all, letting the other person's differences get to you can end up being more detrimental to your own well-being than the actual person themselves.

- B. (Second Main Point) How being around these people affect us
 - 1. According to Dr.Raj from Psychology Today, feelings of anger and anxiety that could arise from seeing or interacting with a person that you don't like

can bring negative effects to your bodily state.

- a. Anger specifically can trigger you to clench your jaw, your muscles to tense up, get heat in your chest, and even get headaches.
 - b. Anxiety on the other hand, can cause fast breathing, sweaty palms, and the feeling of a pit in your stomach. Not only this, but all of the negativity affects our mentality too.
2. Wisdom Times author Nishi Roy writes that being around people that seek arguments with you or are just mean hearted can leave you feeling drained and self-conscious. Depending on how it is that that person acts, you can end up feeling ten times worse than you did before speaking to them guaranteed.

Transition: However, all hope isn't gone! Despite this being a problem that affects so many people, you yourself can take the initiative to change that!

- C. **(Third Main Point)** How to be nice to people you don't like
 1. You will find people that you may not see eye to eye with all the time, but this doesn't mean that you can't combat their negativity with your own positivity. Doing simple things like taking care of yourself so that no matter what the situation is you feel and look good (which studies show help have more control over situations).
 2. You can picture a peaceful, calm setting or a loved one to calm you down.
 3. Send thoughts of compassion! We never know what another person may be going through or their reasoning as to why they act the way they do, so instead of getting upset about, let us assume that they are going through something and send them positivity.
 4. And finally, we can help ourselves by setting up personal boundaries that we do not wish to cross so that we feel more comfortable.

III. Conclusion

- A. **(Summary Statement)** The easy thing is letting our differences divide us, but the real challenge comes in finding what brings us together. We can fix our own problems by realizing why it is that the issues with other people occur in the first place, how it affects us, and the ways we can make the situation better.
- B. **(Concluding Remark)** Hopefully now that you know how to not let that annoying other person get to you, it will be them that raises their hand in the end and not you.

Works Cited

“Brain's Response to Threat Silenced When We Are Reminded of Being Loved and Cared For.”

ScienceDaily, ScienceDaily, 7 Nov. 2014,

www.sciencedaily.com/releases/2014/11/141107111025.htm.

“Dealing with Negative People.” *Psychology Today*, Sussex Publishers,

www.psychologytoday.com/us/blog/sapient-nature/201303/dealing-negative-people.

Lovallo, William R. *Stress & Health: Biological and Psychological Interactions*. 2016.