

# Need to Dust Off Your Social Skills?

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As we move through the spring of [The Great Vaccination](#), many of us are feeling cautious optimism, and also its flip side: creeping dread.

Maybe you have a sense of ambivalence about how to interact with others again. If you used to work in an office, you might be worried about returning to work — but eager to see people again. Or you find yourself having to confront a neighbor about a longstanding problem — but you're out of practice with conflict resolution. (I'm not sure I remember how to talk to another human anymore, let alone one I disagree with.)

Whatever the specifics, “there will be new forms of social anxiety,” said Dacher Keltner, a professor of psychology and the [director of the Social Interaction Lab](#) at the University of California, Berkeley.

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