7 Steps to Successfully Interacting With Others



The quality of life we have is determined by our relationships.

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Human beings are social beings, we are beings that we need from others. Therefore, it is very important to learn to relate, because if we can develop this skill, we will definitely be able to exponentiate our results. If you start to analyze, the most important achievements of our life have been obtained with the help of others. In such a way, that the quality of life we have is determined based on our relationships. That is why we present the 7 steps that will help you relate:

Step 1: Be curious

Life is full of opportunities to meet people. When do you have these opportunities? When you are in a waiting room, on a bus, when you are catching a plane, queuing at the bank, etc. Take an interest in the people who are close to you. Arouse that curiosity and start asking questions. Ask them about things that might be important to them, like what you do, who your family members are, or what your interests are. Break the ice and venture into conversations!

Step 2: listen to people

One of the greatest gifts you can give another human being is listening to them, giving them your attention and your time. How can you do it and show that you are actively listening? Put your cell phone aside, pay attention to the other person, maintain eye contact, ask questions that are intelligent, start to find common ground and develop a conversation. Finally, do not ask closed but open questions, so that the other person is also curious to have a conversation with you.

Step 3: be open

They have taught us that it is best not to say much about ourselves, for fear that if we are open, people may have certain information about us that makes us vulnerable and that can be used against us. My invitation to you is to break these wrong patterns and take risks. Learn to trust yourself and lose the fear of being open. Share smart and fun ideas. Your way of thinking will open the doors for you in the relationship with the other. You never know if what you say will make someone ponder something deep, laugh or look at you from a new perspective.

Step 4: Look for common themes

As different as human beings are, if you search and do some research you can find common themes. What could they be? If the person has a partner, who are their children, if they like to travel, read, do sports, what are their hobbies, etc. Develop the ability to ask questions and share stories, in such a way that you find topics that can relate to others and communicate different experiences that allow you to feel close.

Step 5: Avoid prejudice

Human beings, by social learning, tend to put labels or put people in a drawer because of how they look, their height, skin color, type of hairstyle, clothing, socioeconomic status, among others. We continually create a story around people, although in reality, we never know who is behind that image that is presented to us. Meeting many people will give you the opportunity to meet wonderful individuals and if they are similar or very different from you, with practice that will not prevent you from being able to relate and will definitely bring you closer to success.

Step 6: be authentic

It is essential to be authentic in relationships, to be yourself. It is something that people capture even if we want to hide it, because they realize when we put on a mask so that they do not see who we really are or perceive when we are pretending. Being authentic, sincere and transparent is a tool that will help you connect with others. My proposal for you is that you speak from the heart, share your opinions, learn to be yourself, because it is something that people will feel and value.

Step 7: Discover the value of people

Every human being has a value. If you manage to develop the ability to decipher what it is, it will definitely help you to relate. See what sets them apart, what makes them special, what they are proud of, etc. Find the value of each person and that will open the doors to a relationship.

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