


Just wanted to say i love you my friend

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Find great products and best-money savings deals nearby, delivered directly to your inbox. 1. Bore You know they had Bran Flakes for breakfast this morning, took their car to their annual MOT in the afternoon, and curled up on the sofa at 7.30pm to watch Coronation Street. How? Because they gave you a message about their every move! Drilling is the master of the mund saints and nothing is too trivial for them to share. 2. Baby Bore A bit like drilling, but with young children added to the equation, the baby gave birth to newsfeeds by someone over the age of 25. Did they really need to upload 499 photos of their precious newborn to his moses basket? Nor do we need an entire album of Alfie's first steps or a time-lapsed video of Lily smearing mashed potatoes all over her face. There is one exception to this rule: Cute kids dressed in animal clothes! In that case, share! (Yes, we are fickle.) 3. Self publicist It started innocently enough: 'John invited you to like his site'. You accept his invitation because it would be rude not to grant it, right? Next thing you know, you're getting hourly reports about John's start-up plumbing business. It turns out there's a fine line between a little harmless self-promotion and full spam on Facebook. 4. Fitness Fanatic Yes that person. The one that completed the 10K run on Sunday morning before you even got out of bed. Sometimes they post video clips of their workout with an equally perfect status update: Squats, lunges, deadlifts – done! Feeling pumped up! Always, said the video appears when you watch Netflix and smite chocolate chips Haagen Daz directly from the tub. Why can't these people just leave? (Admit it, you're just madly jealous of their iron will and rock hard abs.) 5. Holiday Show Off of 200 photos of them sunbathing on the beach in Bali for a constant stream of weather-related updates ('30 degrees here! Sweltering!') and smug states ('Last minute mini-break at St Tropez, I'm such a lucky girl!') you're absolutely envious of their jet set lifestyle. You think your upcoming caravan holiday in Devon will be just as exotic, but you suspect you're joking. Prepare for a big attack by a green-eyed monster. 6. Oversharer Live updates from the work department? Agitation opinions on the best treatment of hemorrhoids? Post-coital selfies? Some things are better kept private. Oversharer, however, didn't get that message. They just don't know the meaning of the term 'too much information'. And now you're privy to a lot more information about them than you'll ever settle for. 7. Lovebirds Not strictly a person, but a completely inseparable unit of two, lovebirds have accepted public demonstrations to the next level. At first it was that photo of them kissing at the fountain in Rome (you leave that one shot – they were on a romantic break after all), but now they are making a public statement about their love for each other on their Facebook wall, and that's making you feel a little disgusted. Get a room! 8. Foodie There are two kinds of foodie - restaurant-goers and home cooks. Both are known for displaying pictures of their delicious dishes, bathed in the soft glow of the Instagram filter. But they're home cooks that make you feel really incompetent. Suff let's just say that their lobster thermidor makes your hastily cobbled-together fish finger dinner look pretty crappy. 9. Liker You haven't seen this person since elementary school, but they befriended you on Facebook and have since 'liked' every single photo or status update you've ever posted. Some of you think it's a little weird, but at the same time, you're actually rather flattered. It's nice to know that someone appreciated that image of your cat! 10th Serial Invited No, I don't want to play Candy Crush with you! Leave me alone! After their third attempt to take you to Farmville or Mafia Wars, this person is balancing dangerously close to being 'unfriended'... 11. Selfie Addict With countless self portraits they upload every day, this friend could give Kim Kardashian a run for her money in a stakes selfie. They think all the over-pouting makes them sensual and seductive. You think it makes them look a little like Dafny Duck. 12. The attention seeker usually starts with them posting status updates like 'Worst Day Ever'. But if you ask what's going on, they won't be complicated. Private message, they say mysteriously. Sometimes they threaten to completely leave the Internet. I'm going to delete my Facebook! Cry. (Read: 'I don't intend to delete my Facebook, but I'd like some attention please.') Something like that? You're going to love... 10 types of friends that every woman needs in her life20 Americanism that we use instead of British wordsMultimis messages from Good Housekeeping This content is created and maintained by a third party and imported to this site to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Last updated on October 22, 2020 How would you feel if you shared a personal story and noticed that the person you are talking to is not actually listening? I don't think you'd be thrilled. Unfortunately, this is the case for many people. Most individuals are not good listeners. They're good contenders. The point is that real listening requires work - more work than people are willing to invest. Quality conversation is about giving and taking. Most people, however, just want to give-their words, that is, at the receiving end as a listener may seem boring, but it is necessary. When you take care of someone and pay attention to what they say, it's a sign of caring and respect. The snag is that participation requires an act of will that sometimes goes against what our minds naturally do-roam helplessly and think about who you know, instead of listening to the greatest act of consideration. Without active listening, people often feel unheard of and uncool recognised. That's why it's important for everyone to learn how to be a better listener. What makes people poor listeners? Good listening skills can be learned, but first let's look at some of the things you could do, which makes you a bad listener.1 You want to talk to yourself, who doesn't? We all have something to say, don't we? But when you're looking at someone pretending to listen while all the time, they're mentally planning all the amazing things you're going to say, it's a disservice to the speaker. Yes, maybe what the other guy's saying isn't the most exciting thing in the world. Yet they deserve to be heard. You always have the opportunity to steer the conversation in a different direction by asking questions. It's okay to want to talk. It's even normal. But keep in mind that when it's your turn, you'll want someone to listen to you.2 You don't agree with what's saidThis is another thing that makes you inadequate listeners-hearing something you disagree with and immediately tuning out. Then you wait to tell the speaker how wrong he is. You want to express yourself and prove the speaker wrong. Do you think that once you tell your truth, others will know how wrong the speaker is, thank you for setting them straight, and encourage you to work out what you have to say. Keep your life down. Disagreeing with the speaker, but frustrating as it might be, is no reason to tune them in and ready to spew out their stunning rebuttal. By listening, you can actually get an interesting amount of information that you didn't know about before.3. You do five other things while you're listeningIt's impossible to listen to someone when you're texting, reading, playing Sudoku, etc. But people do it all the time - I know they do. Actually, I was trying to balance my checkbook while pretending to listen to the person on the other line. It didn't work. I had to keep asking, what did you say? I can only admit it because I rarely do it anymore. With my work, I managed to become a better listener. It takes a lot of concentration, but it's definitely worth it. If you really listen, then you have to: listen! M. Scott Peck, MD, in his book The Road Less Travel, says: You can't really listen to anyone and do anything else on at the same time. If you're too busy to actually listen, let the speaker know and arrange for a different time to talk. It's simple! Your name is judge, when you listen, you decide the speaker doesn't know what he's talking about. As an expert, you know more. So, what's the point of even listening? For you, the only sound you hear once you decide you're wrong is: Blah, blah, blah, blah! But before you hit the gavet, I just know you don't have to have all the information you need. You'd really have to listen to that, wouldn't you? Also, make sure that you judge someone by their accent as it sounds or the structure of their sentences. Dad's almost 91. His English is sometimes a little broken and hard to understand. People mistakenly assume that they don't know what they're talking about – they're completely wrong. My father is a highly intelligent man who has English as his second language. He knows what he's saying, and he understands the language perfectly. Keep this in mind when listening to a stranger or someone who may be having a hard time putting their thoughts into words. You know, some of the things they do for lower audiences. If none of the above items resonates with you, great! You're a better listener than most. How to be a better listenerFor a conversation of interest, though, let's say you may need some work in the listening department, and after reading this article, you make a decision to improve. So what do you have to do to make that happen? How can you be a better listener?1. Pay attention A good listener is attentive. They don't look at their watches, they don't even think about their dinner plans. They're focused and they pay attention to what the other person says. This is called active listening. According to skills you need, active listening involves listening with all senses. In addition to paying full attention to the speaker, it is important that the active listener is also seen to listen - otherwise the speaker may conclude that what he is talking about is uninteresting to the listener. As I mentioned earlier, it is normal for the mind to wander. We're human. But a good listener will rein in these thoughts as soon as they notice that their attention is waning. I want to note here you can also listen to body stimuli. You can assume that if someone is still looking at their watch or over their shoulder, their focus is not on conversation. The key is just to pay attention.2. Using positive body languageYou can derive a lot from a person's body language. Are they interested, boredom or anxiety? The body language of a good listener is open. They lean forward and express curiosity in what is said. Their facial expression is either smiling, which shows the fear empathy, etc. They let the speaker know they're being heard. People say things for a reason – they want some kind of feedback. For example, you tell your husband, I've had a really hard day! and your husband continues to check his newsfeed while nodding his head. That's not a good answer. But what if your husband looked up with his eyes interrogated, put down his phone and said, Oh, no. What happened? So how would he feel? The answer is obvious. According to Alan Gurney, the active listener pays full attention to the speaker and ensures that he understands the information provided. You can't be distracted by an incoming call or status update on Facebook. You must be present and at the moment. Body language is an important tool to ensure that you do this. Proper body language makes you a better active listener and therefore more 'open' and receptive to what the speaker says. It also suggests you're listening to them. 3. Avoid interrupting speakerYes are sure that you would not want to be in the middle of a sentence just to see the other person holding his finger or mouth open, ready to enter the unfinished verbiage. It's rude and causes anxiety. More than likely, you would feel the need to rush what you say just to finish a sentence. Interruption is a sign of disrespect. Basically, he says, what I have to say is more important than what you're saying. When you interrupt a speaker, they feel frustrated, in a hurry, and they are not important. Interrupting the speaker to agree, disagreeing, arguing, etc., causes the speaker to lose track of what they are saying. It's very frustrating. Anything you say can wait until the other person is done. Be polite and wait your turn!4. Ask QuestionsAsking questions is one of the best ways to show that you are interested. If someone is telling you about your ski trip to Mammoth, don't respond: That's nice. That would show a lack of interest and disrespect. Instead, you can ask: How long have you been skiing? Was it hard for you to learn? What was your favorite part of the trip? etc. a person will have you very good ice and will consider you a great conversational person only if you ask yourself a few questions.5 Just ListenIt may seem counterintuitive. When you're having a conversation with someone, it's usually back and forth. Occasionally, all that is required of you is to listen, smile, or nod your head, and your speaker will feel like they are really heard and understood. I once sat with a client for 45 minutes without saying a word. She came into my office in trouble. I sat her down, and then she started crying quietly. I sat with her - that's all I did. At the end of the session, she stood, told me she was feeling much better, and then left. I must admit that 45 minutes without a word Hard. But she didn't need me to say anything. She needed a safe space in which she could emote without interruption, judgment, or me trying to fix something.6 Remember and Follow UpPart that is a great listener is to remember what the speaker said to you, then follow up with them. For example, in a recent interview you had with your co-worker Jacob, he told you that his wife had been promoted and that they were considering moving to New York. Next time you run into Jacob, maybe you should say, Hey, Jacob! What happened to your wife's promotion? At this point, Jacob will know that you really heard what he said and that you are interested to see how things turned out. It's a gift! According to new research, people who ask questions, especially follow-up questions, can become better managers, get better jobs, and even win a second date. It's so easy to show you that you care. Just remember a few facts and watch them. If you do so regularly, you'll have more friends.7 Keep confidential information Confidential If you really want to be a better listener, listen carefully. If what you hear is confidential, so be it, no matter how tempting it might be to tell someone else, especially if you have mutual friends. Being a good listener means being trustworthy and sensitive with shared information. Whatever is communicated to you confidentially must not be revealed. Assure your spokesperson that their information is safe with you. They will feel relieved to have someone with whom they can share their burden without fear of getting out. Maintaining someone's trust helps deepen your relationship. Also, one of the most important elements of intimacy is that it helps to build and develop trust. It potentially allows a free flow of information between the client and the worker and recognizes the personal life of the client and all the problems and problems that belong to them. Be like a therapist: listen and withhold judgment. NOTE: I must add that while therapists keep everything in the session confidential, there are exceptions: If the client may be an immediate danger to himself or others. If the client threatens a population that cannot protect itself, for example, in the case of abuse of a child or an elderly person. 8. Maintain eye contactWhen someone speaks, they usually say something they consider meaningful. They don't want the listener reading the lyrics, looking at their nails, or bending over to caress their pooch in the street. The speaker wants to see them all. It tells them that what they say has value. Eye contact is very strong. He can hand over a lot of things without saying anything. Nowadays it's more important than ever with the Covid-19 pandemic. People can't see your whole face, but I'm sure they can read your eyes. Eye contact, i means a hard, creepy look - just a look in the direction the speaker will do. The next time you talk, you can make a point to maintain eye contact with the speaker. Avoid the temptation to look anywhere, but on their face. I know it's not easy, especially when you don't care what he's talking about. But like I said, you can redirect the conversation in a different direction, or just let the person know you have to go. Final ThoughtsListening carefully adds to your connection with anyone in your life. Now, more than ever, when people are so disconnected because of smartphones and social media, listening skills are critical. You can build better, more honest and deeper relationships by simply being there, paying attention, and asking questions that make the speaker feel like that's what they have to say. Isn't that a great goal? Make people feel like it matters? So, go out there and start honing those listening skills. You have two great ears. Use them now! More tips on how to be a better listenerernesaprones photo credit: Joshua Rodriguez via unsplash.com unsplash.com

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