

## #RelationshipTip - Do This To Improve Your Relationships Instantly

Here's a practical tactical tip for improving any and all relationships immediately regardless of whether or not they're personal or professional focus on listening not on fixing But let me tell you how first always start with positivity warmth and rapport building Second listen actively Third ask open ended questions Fourth reflect back what you heard in your own words without judgment So that sounds like if I heard you correctly what I heard you say is did I understand correctly if they correct you repeat the process if they don't move on the next step once you've moved on is to then validate normalize and empathize That sounds like if I were you or if I were in your shoes I'd be thinking and feeling and behaving exactly the the way you are now That is not a figurative truth That is a literal truth If you were as crazy as they were or whatever you'd be thinking feeling and behaving just like them That's like 85 to 90% of the battle focused there for now As time moves on we can provide more tips