

#1 Communication Skills

A deep interaction leaves us feeling satisfied, light and full. To have intimate friends, find those who have a long attention span. A good communicator can stay present and listen while their partner opens gently. How we communicate speaks volumes about the degree of mutuality. It is satisfying to expose ourselves and be received by our friends.

Seek to be with those who can listen as well as share. Find friends who are interested in each other's lives.

There is a distinct difference between merely social conversations and those between kindred spirits. With intimate friends, small talk is minimal. Communication involves doing activities together that are far more bonding than just talking. We are always communicating who we are with our words and actions.

It is unrealistic to expect every conversation to be mutual and balanced. When interacting, ask yourself:

Is this person listening? Are they interested in me?

Do we need to find topics of mutual interest?

What percentage of my words has meaning to them?

Do they ask questions about me?

Effective communication begins with expressing yourself in ways that convey exactly what you mean. The other person then does the best they can to understand my intention.

Watch the pictures forming in your mind as a person speaks. Find out how well the picture sent resembles the one received. Ask for clarification to see if communication is clear.

Conversation doesn't always equal companionship. We've all observed that many people are more willing to talk about themselves than they are to listen to another. They are excited when they share, but their energy drops when someone else opens their mouth. It's as if their bodies remain but their minds go to distant lands. This isn't really conversing; rather they are just using up the free attention wherever they can find it. When you get two people doing it, their conversation become a competition for who wins the attention and air time.

How tragic it is when people talk at each other and no one listens. If two people cannot have a mutual exchange, they are unlikely to be mutual friends. Create dialogues where we share the attention creatively rather than subjecting each other to monologues.

