



Interpersonal relationship issue

Interpersonal relationship is one of the important components in our daily lives. Good interpersonal relationship brings us joy, comfort and hope, while friendlessness makes us lonely, depressed and bored.

To develop good interpersonal relationship, you need the appropriate social skills to help you get along with people harmoniously and to gain friendship.

How to improve your interpersonal relationship?

- Understand yourself

The first step in gaining friendship is to have a good understanding of yourself. You can then make good use of your strengths and improve your weaknesses

- Accept yourself

Accept your uniqueness, try hard to overcome your weaknesses and keep up your strengths. Avoid unnecessary comparison with others

- Accept other people

Get along with people sincerely and learn to respect others

- Be sensitive in social situation

Listen to what people say and try to empathise with them. Acknowledge their feelings and actively invite them to express themselves

- Social expression

Express your opinion, standpoint or feeling verbally and nonverbally. Maintain appropriate tone and eye contact. Use body language whenever applicable. Speak honestly, do not disguise or do not be shy. Remain rational when you express emotions such as anger, discomfort or fear

