



Be Responsive

Some key components of a relationship consist of: making a person feel understood, valued, and validated. Our responsiveness can help us build in all these areas. It is hard to build a relationship if one is not actively putting effort into it, or their efforts seem delayed. Understanding and care can often help us become more responsive naturally!



Active Listening

Being a good partner, whether in business or a romantic sense, always relies on your ability to listen. Listening will allow you to build authentic relationships where you feel a real understanding of the individual and all their perspectives or goals. Often we are too busy focusing on our thoughts and what we are going to say as the other person is speaking.



Ask Questions

There is a common misconception that if you ask questions you seem misinformed. The reality is that asking questions can bring about greater clarity, accuracy, and precision. Asking questions can also provide others a sense of being heard, and understood. Let others know you care more about the situation and the person, not your ego, by asking more questions!



Build Trust

Connection isn't just how well we can connect with others. It is often formed from our credibility, how reliable we are, and our intimacy.

If we can be seen as the ones who can organize, delegate, and organize, we often are seen as more trustworthy. Carrying out tasks consistently shows we are reliable, and people will be more willing to delegate important tasks and give you more responsibility.



Develop Mutual Respect

Relationships can never be built without mutual respect for one another. It is argued that mutual respect is more of a determining factor in a successful relationship than love itself. Respect can be shown in two ways. Owed respect, where you naturally believe everyone deserves respect. The other is believing that others may earn respect based on merit. In general, a relationship should have a healthy amount of respect and it should be targeted toward specific relationships.



Resolve Conflict Intellectually

Conflict isn't always damaging or threatening, which can be avoided by the approach, and how it is resolved. You can usually learn what someone thinks about you when they have an out-of-character reaction to a tense situation. Using active listening and genuinely wanting to compromise can often improve the bond you have with another person. Seeing eye to eye is always less tense, but that doesn't mean we shouldn't learn to have differences and express them.