

INTERPERSONAL BEHAVIOUR

Building Healthy Inter-Personal Relations

The ability to get along with others is immensely helpful for getting success in almost all walks of life, , the manner in which we interact with people would determine very largely in life remains buoyant or miserable.

When our relationships with people are healthy, open, fulfilled and mutually rewarding, they enhance our lives and provide the cornerstone of future growth and development. They become the treasure of our life and they can enrich us far beyond material possessions and can also sustain us in hard times. On the other hand, sourness in interaction brings disaster along with it and gives rise to feelings of hostility which according to modern researches in the field of physiology can cause disease and illness in the longer run. It is, therefore, in the interest of all of us to master the art of establishing healthy interpersonal relations with people we come across. The need for goodness in relations becomes particularly significant in the context of a boss with whom one has to work in an organization.

The key to healthy inter-personal relations lies in openness and self-sacrifice. The self-centered person would hardly be able to master excellence in human relations.

The seven techniques of improving relations runs as follows:-

- The six most important words - “I admit I made a mistake”.
- The five most important words - “You did a good job”.
- The four most important words - “What is your opinion”.
- The three most important words - “If you please”.
- The two most important words - “Thank you”.

- The one most important words - “We ”.
- The least important word - “I”.

If I approach the other person with a healthy and positive outlook, chances are that his negative outlook could get changed for the positive. However, there is no guarantee that this would happen every time..

Key Points of Interpersonal Relations

- Learn to respect others in order to get respect.
- Criticism will never make the other person see the reason. Doing so would simply harden the attitude.
- Never talk reason when the other person is in a state of anger. Give him time to cool down and vent his feelings. Then he may be ready to listen to the voice of reason.
- Look for and appreciate the good character of others.
- Make only positive comments about those who are not present.
- Refuse to allow small gripes to grow into major upsets.
- Permit others to restore a damaged relationship. Do not hold a grudge.
- Be bold enough to accept your own mistakes. Do not put the blame on others.
- When you talk to someone, say something which would be of interest to that other person.
- Even when there may be a clash of interest, search for the areas of mutual interest and express these as well. By doing so you can bring a change of heart in the other person.
- Appeal to the sense of altruism and pride in other person.
- Generate trust and service-ability. A self-centered person would hardly be able to master the skill of good human relations.
- Building blocks to managing others - and yourself - assertively.

Building Positive Attitude

Steps to build positive attitude

➤ Change Focus

To change negative attitude to positive attitude, you must see positive things in a person (look for Gold in a person & not the dirt).

➤ Do it now

Normally people say “I will be happy if I do this or do that” but all goes in vain and the whole life just goes on complaining and complaining. But remember “ONE SHOT GAME IS LIFE”

➤ Attitude to Gratitude

To build positive attitude you must count your blessings & not your troubles. Every day must be a special day, don't consider any day to be a bad day. Never be a complaining personality.

➤ Get on with the Continuous Education Program

As Healthy body needs healthy & nutritious food, healthy mind constantly needs to have healthy & fresh ideas all the time. It should be full of pure, powerful and positive ideas/thoughts. A positive reinforcement of the same ideas keeps the mind healthy all the time. Education is a broader term. .

➤ Build a Self esteem

The way we feel, its the way we create an image. If we feel good and sense good every normal thing will be extraordinary for us. We must enhance our self esteem/ self image.

➤ Stay away from negative influence

Be away from people who have negative attitudes and are habitual of bad habits like drugs, alcohol, criticizing people etc

➤ Put it back to the system

Help others. We all need each others help. There is nothing wrong to ask for help from others as when you yourself are ready to help them.

Assertiveness:

These people have a capacity to empower others as they themselves are. They are communicative & listen to self & others thus experiencing intimated have high degree of respect for them and for others. They take life as a challenge. Thus solving problems. They are self-disciplines and discipline others by confirmation. They have a good self-image. They are always in charge of self. They are at peace with themselves because they are transparent. They avail opportunities. They give freedom and space to others to function.

They are from time to time examining their irrational beliefs & myths and incorporation new ways of living. They take responsibility, they are committed, and they coach train others.

This person is usually more extrovert and uses his rights & privileges in a social constructive & productive way.

The theme of this person's life is:

I am O.K. – You are O.K.

I Win You win