# 建立良好的人际关系英语

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**建立良好的人际关系英语 篇1**

　　Good listening can always show respect, promote understanding, and improve people\'s relationship.

　　Many people think that parents should listen more to their children, so they can understand them better, and find it easier to narrow the generation gap.

　　Teachers should listen more to their students so that they can meet their needs better.Then teachers can place themselves in a better relationship with their students.

　　Students should listen more to their classmates, as they will help and learn from each other.Then they build their friendship

　　My opinion is that each of us should listen more to others. First show your respect and never stop others talking untill they finish their talk. Second ,show that you are interested by a supportive silence or a knowing smile. Third, be open-minded to different opinions even though you don’t like them. Generrally speaking, good listening can really enable us to get closer to each other.

**建立良好的人际关系英语 篇2**

　　Recently on the magazine to see such an article \"and\" show \"about three words\", today I also give you the story.

　　Since childhood is brother \"heels. Brother on every test to get the first place, and I like himself took the same happy. See a person say: \"my brother be hungry, examination always first!\" That joy is no one can realize. A father said to me: \"again not your exam must first, you happy what! Remember, don\'t take someone else\'s stuff to show yourself!\" Then I remember the first sentence on \"show\" words -- don\'t take someone else\'s stuff to flaunt himself.

　　By our own intelligent and diligent test also always take the first, I began to secretly pleased. I think everything in my eyes becomes small. Classmate ask me a question and I also love grievance, still pie pie said: \"so simple you all can\'t, really stupid, you see me!\" Is my gloat, father and talked: \"you can self-confident, but can not proud, remember, don\'t always show yourself!\" Then I remember the second sentence about \"show\" words -- don\'t always flaunt himself.

　　When she went to college, in the school organization of the chess tournament prize, bring home to a trophy. Little nephew saw, is very like, take to play. He take a trophy and his PALS together \", \"said his boast about how great uncle, his friend right away in his\" FengReShenMing \". Father saw say to me: \"you don\'t let him take your things, and that will only spoil bad. Remember, don\'t let others take your things to show off!\" Then I remember the third sentence on \"show\" saying - don\'t let others take oneself thing to show off.

　　Father said only brief three words but let me for a lifetime.

　　The father of three words are false to the person\'s bad, is to pursue high moral incentive. When you put out the \"show off\", select modesty, then you\'ll for a lifetime.

**建立良好的人际关系英语 篇3**

　　Every relationship is a sacred dance. There are moments when partners are so aligned that they move as one. At other times, they struggle over who is leading and step on each other’s toes. Peace and success in life require us to be masters of relationships.

　　Several essential principles support healthy relationships. Integrate these basic tenets into your view of yourself and the people in your life, and you will experience a renewed sense of freedom and optimism in your relationships.

　　1. We are responsible for our own emotional life.

　　If we are to experience comfortable, nourishing relationships, we have to relinquish the idea that someone else can make us feel a certain way. If we hold another person responsible when we are upset, we surrender our power, which makes us less capable of creating the outcome we seek. If there is something that is lacking in one of your core relationships, cast off the role of victim and commit to creating the love you deserve.

　　2. Healthy relationships are based upon a deep rooted conviction in equality.

　　Ego-rooted relationships reinforce insecurities. When one person criticizes, demeans, or asserts authority over another, it may temporarily improve the self-esteem of one by lowering another’s, but this assumption of power is always vulnerable. Relationships based upon mutual respect liberate energy that becomes available for creativity.

　　This principle is of particular importance when the relationship is between an adult and a child. It is essential for the parent to recognize the child’s equality on the level of the soul. If this intention is present throughout children’s upbringing, they will develop a sense of dignity and respect that will serve them throughout their lives.

　　3. Conscious communication builds nurturing relationships.

　　Determine what you need and ask for it. Teach the people in your family to identify their needs and express themselves in ways that increase the likelihood that their needs will be met.

　　Show your children how to get needs met without resorting to emotional escalation. Your behavior provides the most compelling lesson.

　　4. Give what you seek.

　　Human beings have four basic needs in a relationship: attention, affection, appreciation, and acceptance. We give attention by making eye contact. We express affection by connecting physically with sensitivity and permission. We demonstrate appreciation by telling and showing people that they add value to our lives. We provide acceptance by cultivating an internal conversation of recognizing ourselves in the other and the other in ourselves.

　　Be generous with the people in your life and you will spontaneously see these expressions returning to you in kind. If you have children, shower them with attention, affection, appreciation, and acceptance and watch them flourish.

　　5. Remember that life is short.

　　Enjoy what you have. Don’t waste time indulging in petty grievances. We sometimes avoid healing our relationships, because we anticipate there will be plenty of time in the future. Do what you can from your side to create peace now. Free your heart from grievances and regrets now. Do not allow your present to be trapped in the past.

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