



How To Pay Attention To The Other Person's Behaviour

Summary

- Often you focus too much on your own difficulties without noticing what the other person is saying or how they are behaving.
- Learn to look for the right clues to get a sense of what the other person wants or doesn't want.
- You can learn to read the signals sent out by a person with a secure, anxious or avoidant attachment style. This will help you to gauge what the challenges are in the relationship.
- If you can understand the other person's signals better you can manage your own difficulties accordingly.
- Building a secure relationship is a process and takes time. You have to work at it.