# 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（通用16篇）建立良好的人际关系英语 篇1 Communication between people is of utmost importance.The importance cannot be stressed ...*

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建立良好的人际关系英语 篇1

Communication between people is of utmost importance.The importance cannot be stressed too much.

It is said in the Bible that once upon a time,humans communicated with each other in one language.So they attempted to build the Babel Tower to communicate with God,only to find such dream was a castle in the air.In the aftermath,humans were trapped into troubles due to the misunderstandings between them.The jealous God plunged us into such bitterness.Even now,people with different races and religions are dragged into endless wars.People are crying and dying!Such consequences are rooted deeply in the lack of communication.Therefore,lack of communication will lead to perish of human beings.

On the contrary,mutual understanding can be well-established between people if we communicate with each other.That is,the rapport between two countries will be strengthened and the misunderstanding will be reduced if there is a dialogue channel.Likewise,friends can become closer if they argue with each other.No one likes to but it is necessary to be healthy.Arguments between people are a way of communication,by which we can find a solution to the conflictions between us.Consequently,we promote the mutual understanding.

To conclude,through communication,mutual understanding can be promoted and fostered between people with difference races,religions,sex and ideologies.One way is to argue (not totally means quarrels) during the communication to clarify the different views.Lack of communication will surely lead to perish of mankind.

建立良好的人际关系英语 篇2

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.

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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.

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Everyone has his dreams, but not all these dreams can come true. People give up their dreams for this or that reason. Those whose dreams become true have at least one thing in common, that is, they always hold fast to their dreams. Marie Curie, a famous scientist, has set a good example. In 1898, Marie found a new element in the pitchblende. In order to prove her discovery, she must get it and show it to the world. Then to get the new element became her dream and goal of her life. After four years hard work and refinement of tons of pitchblende, Marie and her hus-band at last saw the dim blue light of the new element -- radium. Her dream had come true. There are many other examples. Just around us, for instance, the athletes who gain the gold medals, the artists who are popular with the public, and even the students who enter tile university after years of hard study and preparation, are all dream-holders. Hold fast to your dreams, no matter how big or small they are. The path to dreams may not be smooth and wide, even some sacrifices are needed, but hold on to the end, you ,sill find there is no greater happiness than making your dream come true.

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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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On Students Interpersonal Relationship

Positive interpersonal relationships are vital for optimal human growth and development. However, in recent years, educators have expressed their concern about the ability of interpersonal relationship among students in institutions of higher education. According to a survey conducted by Hebei University, many college-age students regard interpersonal relationship as the biggest headache.

Increasing persity and rapid changes in our society make interacting with others more and more complex and difficult. With limited life experiences and social skills, college students face more challenges in dealing with interpersonal relationship. This is especially true for students coming from rural areas. Because of the lack of social skills, they are often rejected by others and rejection gives them even fewer chances to learn how to interact with others.

In my opinion, now that interpersonal relationship is important to students development, colleges should offer courses about comprehensive interpersonal relationships. The course should address the knowledge, skills, attitudes and behaviors involved in participating in positive relationships in the family and with inpiduals at school, in the community and in the workplace.

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When I first set my eyes on a father and his daughter, I heard the father ask about his daughter s school life. To my surprise, the girl told his father to read her blog so that he can get what he wants.

Now, the Internet has been playing an increasingly important role in our day-to-day life. It has influenced us a lot, especially on our interpersonal communication.

For one thing, the Internet makes the interpersonal communication more convenient. We can contact with each other no matter when and where. The Internet makes full use of time and space. What s more, we can also share our daily life and knowledge through QQ, MSN, and blog with others. For another thing, the Internet speeds up our interpersonal communication. We can save time to do our work. However, the Internet also brings about many problems, such as safety problems, cheating and so on. Many people spend too much time on the Internet, and they don t have time to interact with person in real life, which result in the absence of ability in communication in reality.

It has both advantages and disadvantages to interact through the Internet. We can get to the problem in our work and study. Last but not lest, we have to talk with people and develop our ability to communicate in reality.

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Let s talk about interpersonal relationship.

With the development of our society, the connection between people becomes inevitable. People need to communicate with others as long as they are in the world. As a result, the interpersonal relationship becomes more and more important. First of all, a good interpersonal relation promote people become successful. Through the human history, we can realize that no one can do everything well and become successful alone. Most of the great men have a good relationship among people. Secondly,a good interpersonal relation can help people live a happy life. Living in a happy environment need people keep a good relationship with the people around.It is certainly that people will receive happiness in the end.

Here are some tips for us to improve our communication skills :

1.Smile has magic power. If we want others to like us, we must always remember to smile, because no one wants to see a face full of dark .

2.learn from each other.it s useful to learn different strong points , and we can learn how to work in a group.

3.really listen to pay attention and let the other person talk without interrupting. Good listening can really enable us to get closer to each other.

4.Stories are powerful. It might help you come up with topics to discuss, and you can also turn small talk into conversation by sharing information.

5.do a faver ,we will find pleasure in helping people, of course ,helping others is helping ourselves.

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Human interaction, more than changing each other, but to accept each other, if want to change each other, it is not life, that is war. Destiny is not a matter of chance, it is a matter of choice, it is not a thing to be waited for, it is a thing to be achieved. Detour straight people are smart, because find a shortcut; the straight road bends are open-minded, because they can see more scenery. The road is not feet, road in the heart.

With the indifferent attitude, good reconcile oneself to one s situation life. -- Du Lala promotion

To come sooner or later, want to love though, we who also can t win the race against time. Calm and indifferent in the face of everything, you meet people you like, want to cherish the fate. Whether is it right? You the life of the traveler, or a long-term friend, life is wonderful memories. There are a few real friends are rare in this love, please don t care, cherish the present.

True love, is can let a person touch eternity. The man, ten years, twenty years later, still stay in our hearts, let us look back, surprised feel the heartbeat, as close as yesterday, alarmed by the passage of time, if a short. Maybe today, people have been scattered in the sea, the wind scattered the clouds float past already, unchanged, but such a hard, still in our heart. Sun flower -- not

Two people together, begin to always be struck with fright, worry about personal gains and losses, with in-depth understanding, mystery fade, will slowly lose their freshness, passion fade away. At this time, the most important communication, may no longer be very worried about each other, but there is a tacit understanding is produced in sufficient communication and trust, and a run-in very good friends, relax and practical, is a good embodiment of love. Time is spent passion, at the same time, time will accumulate deep.

Pain is inevitable, the wounds of the flowers in full bloom, dotted with our memories of the landscape. Each time the injured, let us consider, searching for the meaning of life; let us mature, always have to give up something, to bid farewell to their original; let us strong, heal the wounds can let us bear more; let us treasure, easy get who don t care, only pain after just understand, once lost is so precious.

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Dear editor,

Recently our class have had a heated discussion on how middle school students should make friends.

As we all know, good interpersonal relationship plays an important role in building harmonious society.

Many people suggest that they should make friends who are of great benefit to their studies, so they will help each other and make greater progress with their studies. Some believe that they should have friends related to their life. Whenever they have difficulty dealing with problems in terms of life, they can help rid themselves of the problems. In addition, others agree that they should have some friends who can listen to them attentively and share their bitterness and joy.

What I want to stress is that each of us should have a true friend. To make friends, we should try to remember the names of the people we contact and learn not to judge people by their appearances. Besides, we need to be friendly and care about them. When disagreement does occur, it s wise of us to talk it over to others. In brief, making true friends can really enable us to improve ourselves.

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The picture is talking about a story about neighborhood. Two ladies living in the opposite apartments say hello when they happen to meet each other in the corridor. One of them says, I moved here 5 years ago, but I never met you before. Could I ask your name please? The other says, I have been here for 6 years. How should I call you?

It seems very ridiculous that people living so near don t know each other for such a long time. However, this kind of story is performed everywhere. It is the exact reflection of interpersonal relationships in the modern world. In the modern world, most people live in apartments. They close their doors and never go out as soon as they get home from work. If they live alone, they will kill their time by watching TV or reading magazines. They don t have any connections even with their closest neighbors, who seem no different from people they meet everyday in the street. They become more and more indifferent.

This phenomenon is no good to us, nor to our society. People will feel lonely more and more. The world becomes so indifferent. Interpersonal relationships are not harmonious. It s time that we took some measures to improve it. People living in the same zone can be organized to have some activities together. We should call on people to be friendly to each other. As a popular song says, If everybody gives a little love to each other, the world will become the sea of love.

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Being polite is a good tradition in our country.Nobody likes a person who is impolite.It s important for us to be polite.We should be a polite student.

As a polite student,we shouldn t talk at class.If we have questions,we should put up our hands.We also shouldn t speak loudly during the break.And I think it s impolite to be late for class.When someone is in trouble ,we shouldn t laugh at them.We should often say please , thank you .

If everyone is polite to others,the world will be more and more beautiful.

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It is said in the Bible that once upon a time, humans communicated with each other in one language. So they attempted to build the Babel Tower to communicate with God, only to find such dream was a castle in the air. In the aftermath, humans were trapped into troubles due to the misunderstandings between them. The jealous God plunged us into such bitterness. Even now, people with different races and religions are dragged into endless wars. People are crying and dying! Such consequences are rooted deeply in the lack of communication. Therefore, lack of communication will lead to perish of human beings.

On the contrary, mutual understanding can be well-established between people if we communicate with each other. That is, the rapport between two countries will be strengthened and the misunderstanding will be reduced if there is a dialogue channel. Likewise, friends can become closer if they argue with each other. No one likes to but it is necessary to be healthy. Arguments between people are a way of communication, by which we can find a solution to the conflictions between us. Consequently, we promote the mutual understanding.

To conclude, through communication, mutual understanding can be promoted and fostered between people with difference races, religions, sex and ideologies. One way is to argue (not totally means quarrels) during the communication to clarify the different views. Lack of communication will surely lead to perish of mankind.

建立良好的人际关系英语 篇15

Good manners are very important in the communication of daily life.Everyone likes a person with good manners.But what are good manners?

How does one know what should do and what should not do when trying to be a good - mannered person?

Well,here are some common examples.A person with good manners never laughs at a people in trouble.Instead,he (she) always tries to consult or offer help to the person.

When he (she) takes a bus and sees an old man or a sick man,he (she) always gives his (her) seat to him.He doesn t interrupt other people when they are talking.

He uses a handkerchief when he sneezes or coughs.

He does not spite in public places.Ideas of what are good manners are not always the same in different regions.For example,people in Western countries usually kiss each other to show their greetings,whereas in China,kissing in public is something of unusual and sometimes be regarded as impolite to somebody else.

So it is important to know what is regarded as polite and impolite before you go to a region.

But remember that it is always right to be kind and helpful to others.

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