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Why would your girlfriend or wife cheat on you? No, not because he's like his personal trainer, Taylor Lautner. According to a new study from the Kinsey Institute, the way they feel about you causes more infidelity than feelings for a new man. In fact, women who reported low relationship happiness were 2.6 times more likely to cheat than those who did not. Kristen Mark, a PhD candidate at Indiana University and lead author of the study, says that if a woman isn't happy with her current relationship, she might be more inclined to seek a sense of closeness elsewhere. But how do you know he's not satisfied? If you're having less sex, she's unhappy, says David Wygant Match.com dating coach eHarmony.com sites like The New Year's Day. If you don't satisfy her emotionally, she won't want sex. Fix: Remember a time when each other didn't get enough. Wygant says re-create the dates you first met. It'll show him that you care about him and that he'll remind you of when he felt safe with you. Because he is if he is unhappy with the relationship or insecure about his sexual performance his happiness = more likely to cheat on sex! Everyone wins an amazing factor: performance anxiety. In fact, he's 8 percent more likely to cheat if you're more conscious about what it looks like, smells, or flavors-or doesn't think it's satisfying you between sheets (or on the kitchen island, if that's your thing). There's less pressure on a foreign partner, says Mark. Wygant says point to something you love. Example: Do you remember when we had sex on the granite counter? That was amazing! Let's do it again. This has two benefits: 1) It will give him an increase in confidence, and 2) he will know that he is doing something he enjoys, perhaps alleviating his anxiety. MensHealth.com Related: 6 Signs That He Thinks Cheating For You, well, men were 4 percent more likely to cheat when they had high sexual desire and were easily open, according to the study. So keep that in mind. Tiger: Find a partner who shares your love of sex, wygant says. (It's like I didn't try, did I?) If your sex life is adventurous, obscene and even less likely to seek a rush elsewhere, she says. Try these new sex positions to mix. Keep in mind that if you are concerned about your performance, sexual problems do not make it more likely to deceive. Try these oral sex tips to please her and focus on why her real trick: relationship trouble. Here are 14 Things to Remember Before Cheating. This content is created and protected by a third party and transferred to this page to help users provide their email address. How would you feel if you shared a personal story with piano.io, which was updated on October 22, 2020, and realized you were right for you? Wasn't he really listening? You probably wouldn't be too excited. Unfortunately, that's the way it is for many people. Most people are not good listeners. They're good imitators. Well, real listening requires business-more work than people willing to invest in. Give and receive about quality conversation. Most people, however, just want to give-their own words, that is. Being on the receiving end as a listener may seem boring, but it's very important. If you're interested in someone and you're paying attention to what they're saying, it's a sign of compassion and respect. The glitch is that participation sometimes requires an act of will that goes against what our minds naturally do. Without active listening, people often feel unheard of and unrecognizable. That's why it's important for everyone to learn to be a better listener. What Makes People Poor Listeners? Good listening skills can be learned, but first, let's take a look at some of the things that make you a bad listener.1. You want to talk to yourself, who doesn't? We all have something to say, don't we? But when you look at someone pretending to listen, from the beginning, mentally they plan all the amazing things they're going to say, it hurts the speaker, yes, maybe what the other person said is not the most exciting thing in the world. They still deserve to be heard. You always have the ability to direct speech in another direction by asking questions. It's normal for you to want to talk. In fact, it's normal. However, keep in mind that when it's your turn, you'll want someone to listen to you.2. What I said is that it makes an inadequate listener disagree with anything else-and disagree with hearing something immediately along out. Then you wait for him to tell the speaker how wrong he was. You're eager to do what you mean and prove the speaker wrong. When you tell the truth, you think others will know how wrong the speaker is, thank you for correcting them, and encourage you to elaborate on what you have to say. Imagine it. The deprecation of your speaker, however frustrating, is no reason to set them up and prepare yourself for vomiting amazing rebutt. By listening, an interesting nugget of information can be collected that you were not aware of before.3. It is impossible to listen to someone listening, reading, reading, playing Sudoku, etc. But people do it all the time. I actually tried to balance my checkbook while pretending to listen to the person on the other line. It didn't work. What did you say? I keep asking. I can admit it now because I rarely do it now. In my work, I managed to be a better listener. It takes a great But it's definitely worth it. If you're really going to listen, you should! In his book The Road Less Travel, M.Scott Peck, M.D., says: You can't really listen to anyone and do anything else at the same time. If you're really too busy to listen, let the speaker know and set another time to talk. It's as simple as that!4. When you listen, you throw yourself as a Judge, you decide that the speaker doesn't know what they're talking about. As an expert, you know more. What's the point of listening? To you, the only sound you hear after you decide you're wrong is, blah, blah, blah, blah, blah! But before you hit that givet, you may not have all the necessary information. You really have to listen to this to do it, don't you? Also, make sure you don't judge someone by their accent, voice, or structure of their punishment. My dad's almost 91. His English is sometimes a little distorted and hard to understand. People assume you don't know what you're talking about wrong - they're quite wrong. My father is a very intelligent man whose second language is English. He knows what he's saying and he understands his language very well. Keep this in mind when listening to a stranger or perhaps listening to someone who has a hard time putting their thoughts into words. Now, you know some of the things that are done for a low listener. If none of the above items resonate with you, it's great You're a better listener than most. How to Make Better ListenersBecause for the sake of speech, you can only say that maybe you should study some in the listening section, and after reading this article, decide to improve. Then what are some of the things you have to do to make it happen? How can I be a better listener?1. Attention A good listener is attentive. They don't answer their watches, their phones, or think about their meal plans. They're focused and paying attention to what the other person says. It's called active listening. According to Skills You Need, active listening includes listening with all senses. In addition to paying full attention to the speaker, it is important that the 'active listener' is also 'seen' to listen, otherwise the speaker may conclude that what they are talking about is not interesting to the listener. As I mentioned earlier, it's normal for the mind to go around. After all, we're human beings. But a good listener will rein in those thoughts back as soon as they realize their attention is waning. I would also like to pay attention here where you can listen to bodily tips. If someone continues to look at their watch or looks over their shoulder, you can assume that the focus is not on speech. The important thing is just to pay attention.2. Use Positive Body Language You can remove a lot from a person's body language. Are they interested, bored or worried? They lean forward and wonder what's being said. Facial expressions or show anxiety, empathy, etc. They told me it was heard on speaker. People say things for a reason—they want some kind of feedback. For example, I had a really hard day with your wife! And your husband continues to control the news flow while he nods. That's not a good answer. But what about your husband, the woman with the eyes questioning her, lowering her phone, oh, no. Then how would you feel? The answer is obvious. According to Alan Curney, an active listener draws all the attention to the speaker and allows them to understand the information being delivered. You may not be distracted by an incoming call or Facebook status update. You should be there now. Body language is an important tool for providing this. The correct body language makes it better for an active listener and therefore more 'on' and clear of what the speaker says. It also means you're listening to them. 3. Avoid Interrupting the Speaker I'm sure you don't want to be in the middle of a sentence. It is rude and causes anxiety. You'll probably feel the need to rush what you're saying to finish your sentence. It's disrespectful to interrupt. Actually, it says that what I'm about to say is more important than what you're saying. When you interrupt the speaker, they feel frustrated, rushed and insignificant. Preventing a speaker from accepting, participating, discussing, etc. causes the speaker to lose track of what he or she says. It's extremely frustrating. What you have to say can wait until the other person is finished. Be polite and wait your turn!4. Ask Questions One of the best ways to show your interest. If someone's talking to you about their ski trip to Mammoth, don't answer that it's very nice. It shows a lack of interest and disrespect. Instead, how long have you been skiing? you can ask. Did you find it hard to find out? What was your favorite part of the trip? Etc. The person will think of you very well and you will see you as a great chatterer by asking just a few questions.5. Just ListenThis may seem illogical. When you're chatting with someone, it's usually back and forth. From time to time, all you're asked to do is listen, smile or nod, and you'll feel your speaker really heard and understood. I once sat down with a client for 45 minutes without saying a word. He came into my office in a difficult situation. I sat him down, and then he started crying slowly. I sat with him, that's all I did. At the end of the session, he stood up, told me he was feeling a lot better, and then he left. I have to admit, it's been a tough 45 minutes without saying a word. But I didn't have to say anything. He needed a safe space, he could express me in deduction, judgment, or my work fix something.6. Follow uppart speaker of being a great listener remembering what you said, then following them. For example, in a recent conversation with your colleague Jacob, he told you that his wife had been promoted and was considering moving to New York. The last time we run into Jacob, hey, Jacob! What happened with your wife's promotion? At this point, Jacob will know that he really heard what he said and wanted to see how things were going. What a gift! According to new research, people who ask questions, especially follow-up questions, can be better managers, do better jobs, and even earn second dates. It's easy to show you care. I just remember a few facts and follow them. If you do this regularly, you will make more friends.7. Keep Confidential Information Private If you really want to be a better listener, listen carefully. If what you hear is confidential, no matter how tempting it is to tell someone else, especially if you have friends in common, keep it that way. Being a good listener means being trusted and responsive with shared information. What you are told with confidence must not be revealed. Make sure your speaker's information is safe with you. They'll be relieved to have someone to share their load with without fear of going out. Maintaining someone's trust helps deepen your relationship. Moreover, one of the most important elements of privacy is that it helps to build and develop trust. It potentially allows free flow of information between customer and worker and accepts the customer's personal life and all the issues and issues that belong to them. Be like a therapist: listen and stop judging. NOTE: While therapists here keep everything private in a session, there are exceptions to add: The client may be an immediate danger to himself or others. If the client is endangering a population that can't protect itself, such as child or elder abuse. 8. Protect Eye Contact When someone is talking, they often say something they think makes sense. They don't want their audience reading a text, looking at their fingernails or bending over to caress a dog in the street. A speaker wants to be on all eyes. It'll make them know what you're saying is worth something. Eye contact is very strong. He can pass on a lot of things without saying anything. Right now, with the Covid-19 Pandemia, it's more important than ever. People can't see the whole face, but they can definitely read their eyes. When I say eye contact, it doesn't mean I will make a hard, creepy look-just a glance in the direction of the speaker. Make eye contact with your speaker the next time you talk. Avoid the desire to look anywhere but their faces. I know it's not easy. In what they're talking about. But like I said, you can direct the conversation in a different direction or let that person know that you need to go. Recent Thoughts Listening with caution will contribute to your connection with anyone in your life. Now, more than ever, when people are so disconnected because of smartphones and social media, listening skills are important. You can build better, more honest and deeper relationships just by being there, paying attention and asking questions that will make you feel like what the speaker has to say. And isn't that a great goal? Go out and start improving your listening skills. You've got two great ears. Now use them! More Tips About Being a Better ListenerSele select photo credit: Joshua Rodriguez via unsplash.com unsplash.com

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