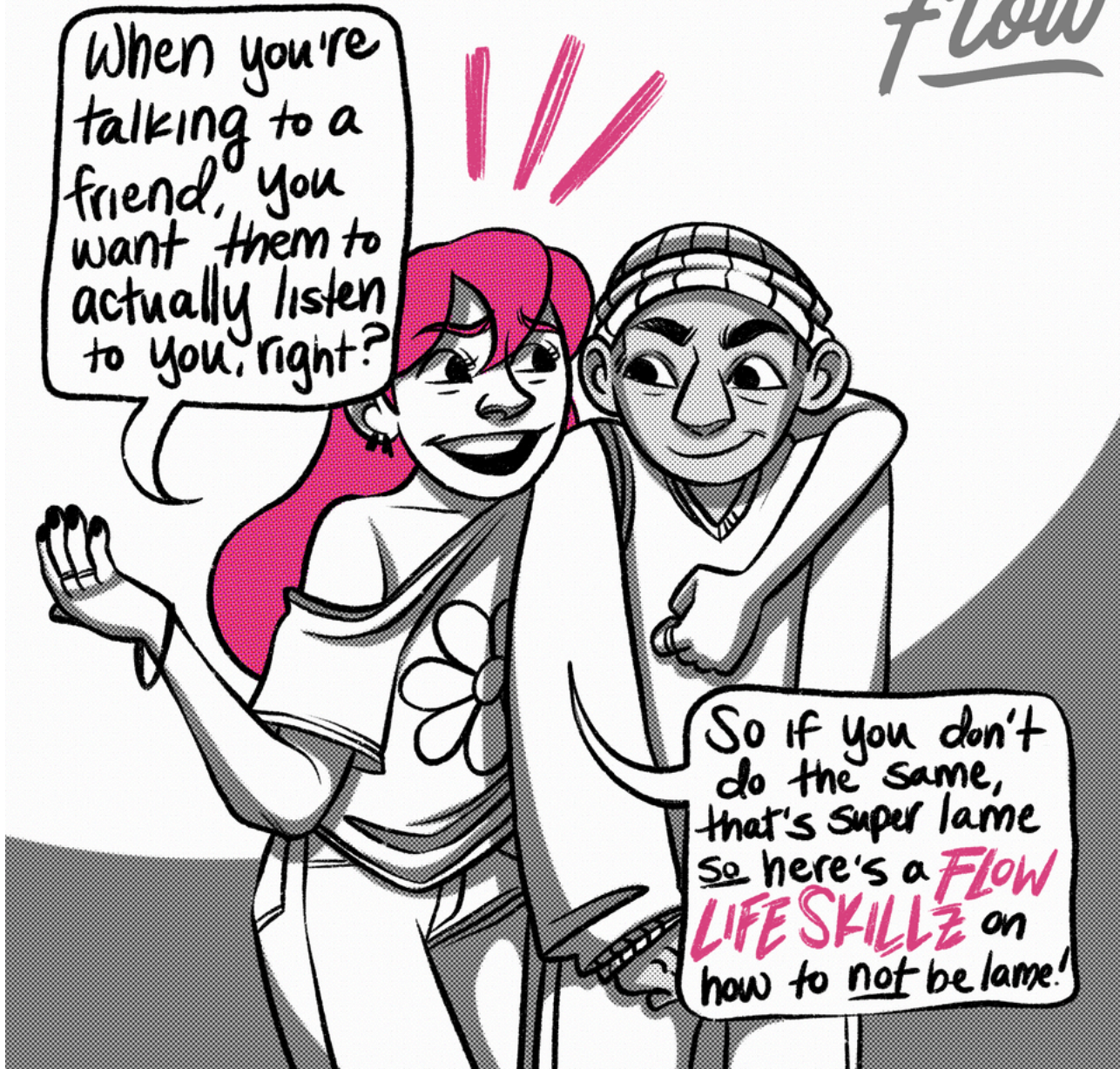


flow

When you're talking to a friend, you want them to actually listen to you, right?

So if you don't do the same, that's super lame. So here's a **FLOW** **LIFE SKILLZ** on how to not be lame!



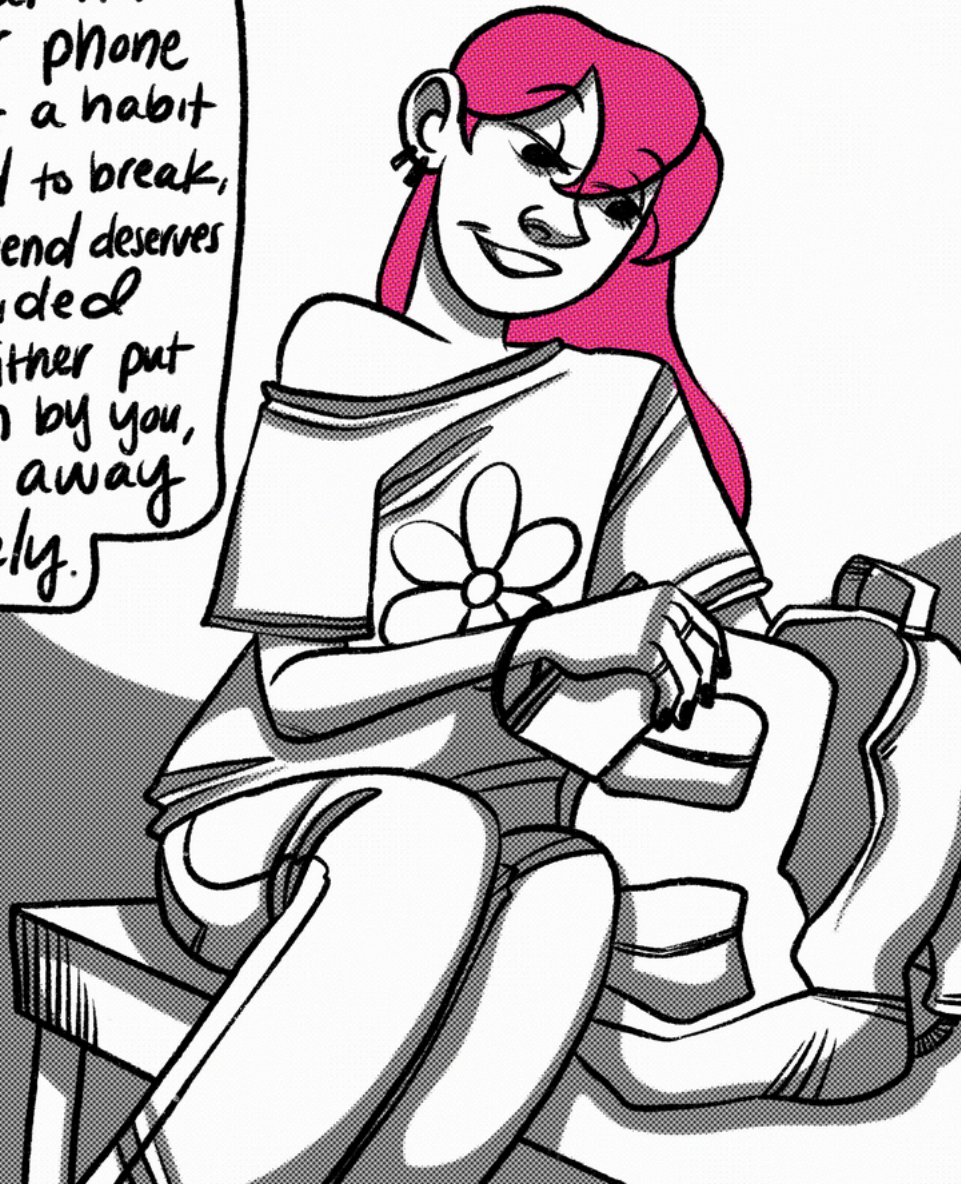
First of all, you wanna actually make eye contact. I know, wild. You don't need to be aggressive with it, but it's an important part of signaling that you are there and you are paying attention.



BLAH  
BLAH  
BLAH



And on that note,  
put your phone  
down. It's a habit  
that's hard to break,  
but your friend deserves  
your undivided  
attention. Either put  
it face down by you,  
or put it away  
completely.





Make sure you also hit 'em with some nods, mm-hm's, and ooh's etc. as they talk. Again, seems obvious, but it really signals to them that you're paying active attention.

NOD  
NOD

BLAH



Ask follow-up questions!  
It shows you're interested  
and engaged in what  
they have to say.

These tools apply to more than just conversations with friends! This kind of thing could even be applicable to a job interview, or meeting someone totally new.



Active listening skills are an essential part of being a person.