

## **Communication**

- Don't argue with family, friends, or others who have different opinions. It is pointless to argue and can sometimes be hurtful.
- It is hard to make someone listen to you, even if you are right. There is no need to prove yourself. The truth sometimes takes a lot of time to prevail.
- Pursue similarity while respecting differences.
- Talk with people about topics they like.
- Value differences. My mind changes every few years. Everyone has a different background and way of thinking. No two people have exactly the same thoughts or opinions about everything.
- Be more tolerant and control yourself. Stay calm first.
- Try to observe what constitutes good communication and what is useless communication.
- Try to seek less recognition from others.
- Engage in less wishful thinking. Give people what they want. If you can't, just stand aside and focus on your life.
- The method and frequency of communication are important. Try to adapt to others. One can use digital means or face-to-face communication. One can communicate with the public, a group, or one-on-one.
- For digital communication, one can use text, images, or videos. One can use different software and languages to communicate.
- Regarding frequency, you can communicate with people once an hour, a day, a year, or every few years.
- For offline communication, adapt to others' needs. Even for your closest friends, the frequency, location, or form of communication can vary.
- Focus on your life and communicate with people who can lead you, inspire you, and teach you.