



Mutual Regard –Liking

We all like being with people who enjoy spending time with us. This is also true for people who need support. We need to find a way to connect with, to like, the people we support. Only then will they be able to give us their best.



People who can't speak can still understand if you connect with, respect, and like them.

Everyone wants to be around those who genuinely like them. If a person communicates without words, they might be even more sensitive.

There are some ways that you can convey that you highly regard someone. 10 simple ways to get someone to like you (Time magazine):

1. Ask questions.
2. Talk more, not less.
3. Give your time...gratis.
4. Listen better.
5. Really and truly care.
6. Admit it, you don't know everything.
7. Go for the laugh, every time.
8. Lighten up.
9. Don't be pushy.
10. Admit your weaknesses.

Friends, co-workers or those people we support—we all want to be likable and be liked.

Everyone gets a gut feeling when someone isn't being patient: lack of attention, how they speak, or how they spend time on the phone. Nonverbal signals such as tone of voice/ facial expressions are also clues.

Giving directions to people we support is necessary at times but does not make the person directed feel connected. They are less likely to reach out, and try to communicate. **Connecting with others is basic to being human. We need to figure out how to like and be liked by those we support.** It is hard to otherwise.

The people we support also need to like us. It is important to build mutual regard. Look for and respond to their unique ways of connecting with you. Engage them in conversation, even if they don't respond by conventional means. Tell jokes, and comment on things around or show interest in their preferences and unique sense of humor.

By doing so, you build a richer, more connected environment. The people you support benefit, but so do you. When we like people, we open up to learning what they have to teach us. It is part of the job.