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**LIA Lifestyle Instruction Aid**

**abcd10. Some Basic Communication Skills**

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**Lesson 101 The Very Basics**

We will keep this very simple and very clear.

When upset with someone, communicate to them how you feel. This works especially well when men try to communicate to women.

Say “That makes me feel .....” or “I feel..... when you do that.”

Women will like this kind of communication. Stay calm and relaxed though, and make eye contact. Can’t get much more simple than that. You just have to do it now.

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