Twitter Thread by Alex Mathers



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14 tiny behaviours that make people instantly respect you more

- thread -

1. Talk less.

Speaking less demonstrates comfort in one's own skin if coupled with a relaxed demeanour and adds to your sense of mystery.

2. Be relaxed and move slow.

Quick movements and fidgeting make you appear nervous and thus lower status.

3. Hold people's eye.

Nothing says 'I'm confident and I am interested in other people' than holding someone's gaze, especially for a little longer than might feel comfortable.

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4. Talk boldly.

Occasionally say something that needs to be said that no one else is daring to say.

Speak your mind honestly.

5. Demonstrate emotional control.

Reactive people don't leave space between a triggering stimulus and their emotional response.

Remain stoic.

6. Be undistracted.

How refreshing is it to see someone speaking to someone who is actively attentive?

It is becoming rare.

Instant respect.

7. Be less available.

You don't always need to be there or respond to that text instantly.

The more scarce anything is the higher its perceived value.

8. Be weird.

If there was one way to have people fall in love with you, it's to follow your weird.

Allow your quirky, fun side to come out.

9. Actually listen.

Give people the space for you to process what they say properly.

Allow a few extra seconds.

This is rare and will set you apart.

10. Dress well.

The seemingly superficial can make a huge difference.

Dress well and you will feel better and create an entirely different impression versus looking scruffy.

11. Talk a fraction slower.

Talk slower and you will calm down, elevate your perceived status, and garner respect.

12. Stop trying to impress everyone.

Pleasing people does not lead to increased respect.

Instead, be valuable and serve people when it’s appropriate.

13. Take up more space.

People respect those who aren’t afraid to take up a little extra space.

14. Give without expectation.

Most people are running around giving things to people with expectations tied to their ‘charity.’

Be different.

Grow your tribe by giving value to one person at a time.

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RECAP

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RECAP / 2

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Thank you.

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