

Social Friendships

&

*Relationships
Advice*

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Ways To Say I Love You

Saying "I Love You" is a form of expressing a very deep emotion for another person. Some people often get confused with thinking this has to always be done with verbal speech. In fact, it truly does not. There are many ways you can express your feeling and therefore say "I Love You".

There is an abundance of other ways of doing just this and many things you can action, which do not necessarily involve speech. Your loved one will appreciate these things and know that silently you are in fact saying "I Love You".

Many of these ways are relatively quite simple and are often inexpensive, yet hold true value!

A simple, yet effective unexpected sent message via text messaging using a mobile telephone, will in fact let your loved one know you are thinking of her/him, therefore making them feel special and or loved. This is in fact using words, yet not verbal speech face-to-face. Receiving a message such as this, in fact tells another that they are in fact thought of at any given time.

Another way of saying "I Love You", is using the bouquet approach. Have a bouquet of your loved ones favourite flowers sent to her/him, once again unexpectedly, just to let them know they are in your thoughts and that you love them.

Plan a special dinner at a fancy restaurant, make it a romantic setting and enjoy yourselves together without it having to be in celebration of any other event, aside from the fact you love her/him.

The list can be endless. Little things such as, taking a day off work to look after the one you love when they are ill, offering to cook dinner at home for her/him, offering to do the housework, give them a weekend morning to spend extra time in bed, in fact cook them a special breakfast they can enjoy before rising for their day. All of these little things may not sound like much, but they do actually hold true and real meaning of saying "I Love You".

Kiss them goodbye as they leave for work, and kiss them hello when they come home from work, or vice versa if you are the one heading out the door. In fact, hugs and kisses throughout the day for no special reason, other than the fact you love this person, instantly says "I Love You".

Surprise your loved one with little gifts that you know she/he will like, such as their favorite perfume or cologne. Maybe even something as easy as placing rose petals on your loved ones pillow for them to find on going to bed. And how about sending them a love letter. Some people do in fact find it hard to say "I Love You" verbally anyway at the best of times. Expressing your feelings on paper in way of a Love Letter, can in fact eliminate this obstacle. Likewise with poetry. A poem of your feelings and love for another is always a good way of saying "I Love You".

As you can see, it is not always about verbally saying "I Love You" to the one you love in person or audibly. Actions can often and do speak in great volume. When your heart is openly and excited ably giving, your loved ones heart will be excited ably open and receiving, and she/he will most definitely know that you are in fact saying "I Love You" in all the little things you do without in some cases, the use of words.

Don't hesitate a moment longer. Try some of the ways of saying "I Love You" to express your love for the one you love today. I assure you, you will not be disappointed.

You can find more about saying "I Love You" at <http://www.howtosite.net/articles/ways-to-say-i-love-you.html>

How To Write A Love Letter

Sometimes some of us are unsure how to express how we feel towards/about another face to face. We can get tongue-tied or flustered, even a combination of both. Knowing how to write a love letter can be the solution to this problem that so many face every day.

The best time to prepare such a letter is when it is nice and peaceful and you do not have any distractions surrounding you. Putting pen to paper and expressing yourself in way of a love letter, will come naturally and is explicitly easy to do. Reflect on your inner feelings for your loved one, and write down how you feel, as you feel the bottled up emotions you cant put into words elsewhere.

Do not hold back. Just let it all out and go with the flow of your thoughts that come to mind. Express your feelings with warmth and your words will shine through from the paper, to the loved one reading the love letter. Illustrate what you want to get across to your special person using descriptive and caring words.

Think of the things that make you smile and warm your heart. The experiences you have shared and continue to share together. Show your appreciation of and for the one you love through the power of words. Express your inner desires and wants without inhibition – make your loved one feel special and bring a smile to their day.

You do not need to use big words, or words you yourself do not understand. Keep it simple and make sure it reflects you and who you are. You do not want it sounding like something you have copied out of a romance novel or fairy tale.

Be expressive in your love letter on how you truly feel. The beauty you see in your partner or loved one. Tell them how they make you laugh, smile and make you want to be with them. Think of how you feel about the little things your loved one does or the way she/he does her/his hair or the little quirks they have that you find fascinating or adorable.

Writing a love letter is not all about complimenting ones physical appearance. It is about expressing how you feel about your other as a whole person, their beauty on the outside and their beauty on the inside.

If you are a woman writing to a man, on concluding your love letter, spray lightly on the envelope the perfume you wear, that will remind your loved one of you.

If you are a man expressing your feelings in a love letter, try writing on fancy or pretty writing paper. It shows a little effort and time went into expressing yourself, and that you have given a lot of warm thought into what you are doing, which will therefore ultimately enhance the messages you are sending her.

If you are not sure on how to get started on preparing a love letter, there are many websites available, for you to visit to gain further guidelines from. Some sites even offer self-explanatory books relating to this very topic for sale at a minimum cost to you, the buyer. There are also many sites with free advice or pointers for you to view available. Make the most of these that are on offer.

You really have nothing to lose, and possibly everything to gain. Make your love letter in return make your loved ones toes curl, and heart melt with your expressive words of love to her.

Communication is a key factor in any relationship, and expressing how one feels is therefore very important. It keeps a relationship and the love you have for one another alive and thriving.

So – you now no longer have to worry about how to express yourself and your true feelings of love. Knowing how to write a love letter will in fact assist and keep your love blossoming.

Read more on Love Letter Writing, as well some template love letters at <http://www.howtosite.net/articles/how-to-write-a-love-letter.html>

Ways To Propose

Proposing marriage to the one you love will be one of the most important and heartfelt actions you ever take, so you want to make the most of it and do it properly.

Knowing how to propose in a manner of romance and spontaneity or adventure will be sure you sweep the woman or man you love off their feet.

Take your time with the planning of such a proposal. You want everything to be just right for the occasion. There are many ways you can propose and make this an unforgettable event.

Depending on what your partner likes to do, you could take the adventurous way of things. Perhaps, take your partner up in the sky for a hot-air balloon ride, having the beautiful sights below you to look at. Make sure you have a nice bottle of bubbly, some fine food and do not forget the ring. Or, you could plan a weekend away to some exotic location, away from the bedlam of everyday life. Treat your loved one for the special person that they are to you and propose under the night sky with the bright twinkling stars above you shining down.

Other ways to propose could include:

A nice romantic dinner out at her/his favorite restaurant, with candlelight, flowers, and all the regalia that comes with such an occasion. Order your partner's meal for them, for anyone that loves another, should know what they like to eat most.

Such a proposition on a beachfront at dusk is always a romantic setting, with the sun going down at the waters far off edge, the glow of the sky slowly changing color.

And for the really new age people – I myself have even witnessed a proposal inside a message board community within a Dating and Friendship Site.

Such a proposal is very much an individual thing, and often surprise will be your winning factor.

Make sure when you propose you accompany the proposal with a ring. A ring that you know in your heart your loved one will love in return. This does not mean it has to be an overly expensive ring, in fact it does not even have to be a traditional flash gemstone ring. Just know it is something that signifies your feelings of love for your partner.

Other little additions to the occasion could be things like: flower petals sprinkled on the dining table, the ring at the bottom of a champagne glass, little notes finally leading to the big proposal with the ring attached. The possibilities are endless.

But regardless on where you choose to propose or how you decide to propose, express yourself and your deepest love and emotion to the one you love. Be a romantic, get down on one knee and take her/his hand in yours. You have nothing to lose and everything to gain.

So put your feelings out there, show the one you love how you feel and let her/him know that you want to spend the rest of your life with them. Make it a time in your lives you will absolutely never forget – ever!

Read more on Proposing Marriage at
<http://www.howtosite.net/articles/ways-to-propose.html>

How To Get Over A Break Up

Breaking up with a partner, someone you loved or really cared about is never easy. It can be stressful, tearful and an extremely emotional time. Anger, sadness and so many other emotions all come into play at such a time and happening.

However, it is not the end of the world, (even if it feels like it at the time). Things will and do get better. It just may take a little time. Emotions hold a great deal of strength and to heal, you have to work through them all. You need to grieve for what you have lost or given up for whatever reason. It is ok to cry, there is nothing shameful in doing so at all. Even for you men out there, don't be staunch and hide how you are feeling. You will not be doing yourself any favors. Before you can move on with life, you need to be rid of all feelings regarding the breaking up.

Accept the positive things you shared with the person you broke up with and place them away somewhere safe, where they can if chosen to, be looked upon at a later date with a smile. Also reflect on the negative things and what went wrong. Really grasp these and learn from them. For ultimately we learn and grow from every experience we have in life, including those with another.

Let out your anger if you have any, preferably in a way where you not causing yourself or any other any harm. That is not advisable. Maybe note down your feelings in a diary or a journal. This can in fact feel like a weight being lifted off your shoulders.

An important step in getting over a break-up is letting your friends and family in. Let them be there for you in support, do not shut them out. The more you are alone with your thoughts the more likely it is for you to begin to dwell on the break-up and therefore hinder you from moving on away from it.

Other ways in moving on from a break-up is to keep busy, get out in the fresh air – not only will you be out amongst the community, but also clearing your head with refreshment. The simplest thing as going for a walk, can relax and make you feel more energized than you probably can imagine.

If your friends invite you out – go out. You don't have to be the life of a party (so to speak), but being around other people will help get you back into social circles, ultimately assisting you in moving on from a break-up.

Always look slightly into the future. Believe in yourself and know that somewhere out there, there is in fact a very special person, just for you. It's a long road to finding 'the one', but it does happen, and think of it this way: Most things in life happen for a reason, sometimes we don't know what these reasons are – but there will be one. So enjoy the good memories you shared, do not focus too hard on what went wrong, and accept the break-up. Some things are just not meant to be. Yet every second of every day can change what your tomorrow is and could become. Try to focus on this and your strength and willpower to get over the break-up will continue to get stronger and stronger each day.

If you feel you need further assistance, there are in fact many professional services available to aid you in handling and moving on from a break-up. Counselors are readily available and can be located in any local phonebook in any part of the world. If in fact you prefer to take other methods, which do not involve personal one on one time, there are also many associated websites regarding advice or methods on how to get over a break-up.

Acceptance, courage, strength and willpower. 4 key factors that can all add up to one solution.

More Break Up Advice can be sourced from
<http://www.howtosite.net/articles/how-to-get-over-a-break-up.html>

How To Make Friends Online

Making friends online can initially be a scary and daunting thought. So many people from all over the world, and all using technology to get to know one another.

However, this can be one of the easiest things you may ever accomplish doing. It's really quite simple and only you make your own rules to follow, in making this a successful venture.

There are many Internet Dating and Friendship Sites available all over the world – therefore bringing the whole world together in one way or another. Many of these sites cater for international members as well as local residents. Most of these online dating and friendship sites have message board forums available, some at a cost and some at no cost. The message board feature is a great way to sit back and get to know what a person is like without having to approach them right off the bat (so to speak). Then, once you establish who you like the sound of, or who appeals to you/catches your eye, you may choose to then make use of the email function, which these online sites have available to you.

You have full control over what you wish to divulge to another, therefore making friends online can be achieved at your own pace. There is very little difference to making friends online as there is to making friends offline. The primary difference is you are at home in front of a computer and not out and about physically amongst people.

However how you portray yourself to others should be no different to how you portray yourself in person, face to face with another. By being yourself, others will 'see' what sort of person you are, and what attributes you have that make you – you! Given this, if someone 'sees' something they like in you or in what you have to say amongst the varying activities available in an online community – an online friendship will slowly begin to take place.

Put yourself out there. Contribute to the online banter and conversations going on around you. You will find that in general members that partake in message board forums are very welcoming and help new members to settle in. You will then begin

to have fun and enjoy your online time. Friendships come naturally, and this can be said for the same as Online Friendships. You will always find plenty of members in such online sites who are more than willing to assist you or give advice when you feel you need it, or are not sure about something – whether that be an arising online issue, or a feature/function of the site you are not sure how to make use of. You will find that it is very easy to find the same similarities and likenesses in another as what you yourself hold.

Once you begin to settle in and get to 'know' a few people, it all becomes easier and the in trepidation you once felt will exist no longer. You do in fact become a part of a little or in some cases, a wide online friendship community.

To elevate the online friendships to something more, on getting to 'know' another at a level you feel happy and comfortable with, you can then make the choice of moving the online friendship up to an offline friendship. But there is no need to rush things or even do this. It is quite simply entirely up to you.

You are always in the comfort of your own home, so you do not have to feel pressured at any given time. If you get tired or just don't want to partake any more, you can log out at any stage.

Just remember – be yourself...!

More about making friends online can be found at <http://www.howtosite.net/articles/how-to-make-friends-online.html>

How To Say Sorry

Most people know how to say sorry; they are taught at a young age when they hit their play mate with a Tonka truck, or steal their sisters Barbie doll. But many people forget how to say sorry, they get out of practice and when it comes to the crunch are lost for words. So here's how to say sorry tactfully and sincerely.

The first thing you have to decide when you know how to say sorry is whether you should wait a while or apologize immediately. If you ran over your neighbors cat you better take round some homemade cookies really soon! But if you've hurt someone who is violent you may need to try calling them first then give the situation some time. Hopefully they will cool down some!

So you've decided when the appropriate time is to say sorry and you're on your way to their house. You need to remember to humble. Taking a visible peace offering, like food or a new plant, is a good idea. They will be able to see from afar that you come in peace. Then knock on their door, if they don't answer after two knocks it is clear that they are not ready to speak to you. Leave the gift and try to say sorry another day. If, however, you are invited in, be the most polite and considerate you have ever been! But do not be a suck up.

Hopefully they will then invite you into your living room. Remember you are in their domain, don't sit until asked and don't request refreshments. If you are offered tea or coffee say you would like to help them get it. Once you are both seated and comfortable get straight to the point. Don't try and make small talk, they are angry with you or hurt by you and will just be wondering why you are there. You are best to start your apology by saying "I have come round because I want to let you know how sorry I am." DON'T start by reminding them the details of what you did! It will only bring back bad memories and emotions.

Keep your apology short and sweet. Don't grovel, it will seem like you want their sympathy when most often you won't deserve it. You are not the victim, they are. Once you have said sorry, pause to see if they wish to forgive you, or otherwise (never ask for forgiveness!!!). If they have nothing to say make your excuses, thank them profusely for the refreshments and be smartly on your way. Don't overstay your 'welcome'. If they have accepted your apology they will let you know in their own time.

And remember, you are the one in the wrong. You can't expect to be forgiven and you especially can't expect them to forget what you did. Just hope that the person to whom you are saying sorry is gracious and doesn't make you suffer for whatever it is you have done.

More at <http://www.howtosite.net/articles/how-to-say-sorry.html>

How To Organize A Party

Organizing a party is a detailed process that, done well, will leave you with lasting, happy memories and a very successful evening! There are several steps to take which will help you to organize a party:

Step One: What sort of party do you want? A Birthday; an anniversary; a work do; or just a party for party's sake? This decision will determine how you go about planning the rest of your party.

Step Two: How many people do you want to invite to your party and who do you want to invite? This will again determine the answers to the following steps. You have to work out how to invite the people you want, without being forced to include too many unwanted guests.

Step Three: Where will you hold your party? If it is a small gathering it is appropriate to have it in your house, but you may have problems such as, new furniture that drinks could get spilt on or flat mates who don't want a party. You have to think of locations that are the most suitable to your particular gathering. Here are some helpful suggestions on how to choose a location. A 20th wedding anniversary would go well in the back garden: intimate and relaxed! If you are celebrating your child's 2nd birthday perhaps you could hire his kindergarten or play centre, many places like these hire their premises out as it is a very fitting and familiar environment for young children to run around and have fun.

Step Four: What food should you serve at your gathering? Take into consideration: who are you inviting, vegetarians, children, teenagers, etc? Where will the party be held, your garage, the beach? Some places will cater as part of the deal. If you're having a large party at your own place you might consider hiring catering. What time of day will you hold your party? If it is Christmas breakfast you'll need champagne and pancakes, if it is a New Years Eve bash you'll need beer and plenty of finger food. And finally, what season is it? People might think it odd if you serve a

roast turkey on a hot summer's day and equally odd if you serve only cold foods at a mid-winter dinner.

Step Five: The invitations! These must include vital facts: why, where, when 'til when, who to bring and what to bring. Firstly, why: you need to explain to your guests what the party is for, especially if it is a surprise party. For example: You are invited to celebrate Grandpa Jo's 70th Birthday Party! Secondly, where: consider that some guests need a map, but a street address should be enough. Thirdly, when 'til when: guests need to know when to arrive, when it will be polite to leave, and sometimes what time breakfast/lunch/dinner will be served. Fourthly, who to bring: this is fairly simple, instruct guests to bring a date if needed, otherwise don't mention it in the invitation. Fifthly, what to bring: some people ask people to bring a dish, in this case you write this on each individual invitation. Consider what people are good at cooking, and what they will be able to afford. If you include all these details on your invitation, you will have a very comprehensive invite! And don't forget to put the R.S.V.P date and your number for people to contact you!!

Step Six: Relax and enjoy the fun part: creating the atmosphere. This is the part which is too specific to each party to teach someone how to do. You need to think about music, decoration, lighting and food presentation. As long as you make sure all of these are appropriate for your guests, location, and the sort of party you are throwing, you will have success! Good luck and enjoy the experience! Remember, you may be the host, but you are there to party too!!

More party idea resources may be found at
<http://www.howtosite.net/articles/how-to-organize-a-party.html>

How To Tell If Someone Is Lying

If you are a discerning person who listens attentively in conversations, it should be easy to tell if someone is lying. However, not everybody is a good listener or discerning, so these skills need to be learnt.

If someone is lying, their body language is generally the first giveaway sign. Someone who is lying usually has stiff body movement with limited arm and hand movement. They do this to draw less attention to what they are saying. A liar often avoids eye contact, usually because they are embarrassed because they are being dishonest. A liar is also likely to touch their face and neck in nervous gestures.

If you watch a liar's face you should also be able to tell that they are lying. A forced smile is very different from a genuine smile. A genuine smile should involve the entire face, including the eyes. A liar's smile, however, will generally involve only the mouth muscles. Often a liar's facial expression will contradict what they are saying. For example, subconsciously shaking their head as they tell you "you are right, I agree." Watching a possible liar's eyes will aid your judgment largely. A person who is lying will be hiding their true emotion in their eyes; this is another reason why they avoid looking people directly in the eyes. A person may smile with their mouth, but if they are lying their eyes will remain sad.

If you accuse or suggest someone is lying and they are guilty they will often become defensive. Honest people will become offensive. The reason liars become defensive is because they can't imagine how they would answer if they were really telling the truth. So they attempt to sound believable, but their tone of voice will get higher and they will sound agitated because they are unsure of how to deal with the situation.

Another way that you can tell if someone is lying is by how much they speak when they are talking about the 'lying' topic, compared to how much they usually speak. If someone is discussing the topic a lot and keeps bringing it up, you can probably assume that it makes them nervous and that they feel compelled to convince you that they are being honest. However, if they rarely talk about the topic and are relaxed when they do so, you can probably assume that they are in fact being honest.

Of course the easiest way to tell if someone is lying is by delicately asking them yourself. A liar will rarely be able to fool someone if they are asked to speak about the topic directly. Don't ask a close-ended question such as "are you being honest with me?", because the answer will be "yes" and that is an easy lie. You should ask directly an open-ended question such as "tell me what really happened that night, because I know you didn't stay at your friends." That is a harder question for a liar to answer because it requires more than a yes or no, and therefore more control of their emotions, facial expressions, etc.

The most important thing is to not be fooled by all those liars out there, and remember that some people will be able to lie well enough to avoid being caught without some snooping!

<http://www.howtosite.net/articles/how-to-tell-if-someone-is-lying.html>

How To Find A Date

Whether you're dateless in Dallas, single in San Francisco or lonely in Louisiana, there are steps you can take to nab that dream date. You might be new to single life, having experienced a recent break up, or you might be undergoing a prolonged dating drought, during which the highlight of your weekend is a DVD and a bowl of popcorn. The singles scene can be depressing for many. Finding a date is not easy, but the following pointers are sure to set you in the right direction.

First and foremost, make yourself a marketable product. Wanting a dream date is not enough in itself if your fashion sense is rooted in communist chic. Image is important, and both sexes are more responsive to those that take an obvious pride in their appearance. While women often have this sorted, men are often found wanting. Pay attention to all aspects of your appearance, which means more than just ensuring you're wearing a clean shirt. Research shows women pay considerable attention to shoes, hair and hands, so these are first three things all men should ensure pass the test.

For many these days, online dating provides a quick, easy and relatively stress-free way to find a date. There are numerous online sites where you might be lucky enough to find that like-minded individual. Most sites require you to give a brief bio of yourself, as well as post a recent picture. While stressing your positive points is recommended, be careful not to portray yourself as God's gift to either sex as the reality is sure to disappoint. While such self-glorification may get you one date, it is unlikely to get you a second!

For those who have no time for online shenanigans, speed dating is another new way to meet that perfect partner. Basically, a large group of men and women get together, and each couple is paired off for about 3 minutes. These three minutes are all you have to get to know each other, so be sure to make a good impression! Once the time is up, the couples are rotated and new groups formed. While speed dating allows you to meet as many singles in a short time as possible, this is all about first impressions. Those of

you who may suffer from shyness or lack the physically attractive characteristics sought after from opposite sexes may find this is not the best way.

More traditional places for meeting a date include bookshops and even supermarkets. Women in particular are adept at analysing the contents of a man's shopping basket to note his potential as a partner. A man carrying little more than beer and pizza screams single and staying that way! Looking intelligent and thoughtful as you browse the local bookshop may bear fruit. Make sure the opening line and subsequent conversation doesn't disappoint.

If all else fails there are two final methods to finding a date. The first of these is to look closer to home. While office romances are often frowned upon, a surprisingly large number of couples get together after meeting at work. The advice here, spend less time pleasing the boss and more time looking for a co-worker with dating potential. Even better, if your boss is single, you can kill two birds!

Finally, give serious consideration to getting back together with an ex. While they may be an ex for a very good reason, scouring that little black book may allow you to find that long-forgotten love. Have a good excuse ready for why you haven't called in 4 years though!

More dating tips can be found at <http://www.howtosite.net/articles/how-to-find-a-date.html>

Also, you should check out this great book on how to talk to Women at <http://www.acceleratedsoftware.net/product3.php?n=ladykiller>

How To Mend A Relationship

Maintaining a healthy and lasting relationship is never easy. So when things get tough or it looks as if your relationship is almost at an end – do not despair.

If you want to mend the relationship, there are ways it can successfully be achieved. Knowing how to mend your relationship is your first step to making up with your partner. Communication is a key factor to any relationship, so first, make sure the lines of this are clearly open. The only way to find out what the cause of the breakdown is, is to in fact talk to each other, express all your concerns and in return, listen to any concerns your partner may also have.

Spend quality time with one another, and appreciate what the other contributes and gives towards the relationship. These are two very easy methods on how to go about mending a relationship.

Listen and compromise with one another – come together as one and work through your problems. Don't ignore your concerns and in no way shut your partner out. This will only heighten the problems and not assist in any way towards mending a relationship. Place an allocated time aside which suits you both to sit quietly and really open up and have a heart to heart about everything that is on your mind. If you are honest and be expressive about all that concerns you, a solution will be easier to reach. If you keep things to yourself and bottle them up, it creates further tension and frustration, making it appear that the relationship can not be mended.

The longer you let problems that arise get to you and inflame within yourself, the harder it will be to be able to take any steps outlined above. Tempers will not win you any points in mending a relationship.

If you have been capable of first trying all the above yourselves, and you still don't think your relationship can be mended, there are in fact other avenues you can take to salvage and in fact mend the relationship.

There are numerous professional services available such as Relationship Counseling, which can be located in any telephone book, where-ever it is you are located. There is nothing shameful in seeking professional help – in fact it is good sign you are prepared to put your all into learning ways how to go about mending the relationship.

These services treat sessions with people wanting to know how to mend their relationship with strict confidence and are anonymous. There is certainly nothing to fear in seeking professional help. In fact it shows you are prepared to put your all into mending a relationship.

If you prefer to mend a relationship with in fact some outside help, but not personally with a Counselor or Social Worker, you can also use other methods and contacts via the internet. There are many websites you can access which have exactly what can aid you in mending a relationship. You have the choice of many sites offering online help and some even offering Relationship Advice Books for sale, which in turn could be an easier option for you. Many of the websites available will also in turn have additional links directing you to places such as hotlines, where once more there are professional or volunteer people on call to help you in mending a relationship.

If you are in doubt, but know in your heart of hearts you are not ready to give up, then fight for the love you do share with your partner and take action now in mending your relationship. It is possible, and all it can take is using simple methods as described above, such as time, communication, appreciation and a little effort between the two of you.

More Mending Relationship resources can be found at <http://www.howtosite.net/articles/how-to-mend-a-relationship.html>

How To Mend A Broken Heart

Ending a relationship, being dumped, letting go of the one you love, or losing the one you love to death, is never an easy time and can cause such heartache. There is however ways, surprisingly enough to heal a broken heart..!

Each circumstance above is different, but all hold one thing in common. That is memories. Each and every experience you have with another becomes a memory, whether that be a good memory or a not so good memory. However, it is what you do with these memories afterwards that makes all the difference to your future and your ability to be happy once more.

How do I heal my broken heart you ask yourself? For at times, it does seem impossible of such a thing to be doable. There are many things and actions you can take to do just this.

First and foremost, you must never dwell. It is ok to think of what has happened and reflect, but you have to be careful that is all you are doing, and not actually sinking into a dismal state of well-being and frame of mind. On reflecting back on your memories, concentrate on the good times and the good things you had with the one you have lost for whatever reason that may have been. Know in your heart of hearts that you DID in fact have good times and think of those times with a smile. But also know that healing a broken heart does in fact take time. This time period will vary between each individual person. So there really is no given time frame for healing a broken heart. One day you will just know your heart has in fact been healed.

You need to give your self the time to reflect (as mentioned above) and then grieve for what you no longer have. Cry if you want to, there is no shame in that. Letting your emotions out is a good thing, also being a way of relieving yourself of the inner hurt you are suffering from having a broken heart.

You may also experience a period of anger (depending on the situation/s that caused your broken heart in the first place). This too is a common and natural behavioral pattern and step you will work through. Sometimes it helps to write down in a journal or a

notebook the emotions you are feeling – it is a way of getting it out of your mind, therefore out of your system. You will be surprised at how much better you and your broken heart begin to feel.

While you are working on your emotional improvements and guidelines, you should also, slowly begin to get out an about, even if only for a walk around the block in the fresh air. This form of activity can too be very refreshing and in turn help clear the head and make you see your future in a clear new light.

Whatever you do, and I know this is hard, do not shut yourself off from your friends, your family, and the rest of the world around you. This is not recommended for healing a broken heart.

Try to keep busy, involve yourself more with your children's curricular activities (if you have children), get out in your garden, join a sports team, begin some craft work.....there are many things out there to keep you from being idle, therefore keeping you from dwelling on your broken heart.

And most importantly, do for you, do not let others influence how you handle healing a broken heart. After all it is your heart that needs the healing – not theirs.

<http://www.howtosite.net/articles/how-to-mend-a-broken-heart.html>

How To Make New Friends

So you want to learn how to make new friends. Well, there's no magic formula that you can swallow that transforms you into Mr. or Mrs. popularity, but there is a something simple you can do that will help you tremendously when making new friends. That is to be yourself. Don't ever try to make a persona for yourself that portrays a personality other than yours because it will just backfire on yourself and leave you worse off. Act exactly the same around other people as you would alone (within reason!) and relax. Making new friends is easy, it just takes practice. Most people like talking to new people but a lot of people won't step out and be the first to talk to someone. That is another secret on how to make friends. Initiate conversation, just say whatever you are feeling to the person you are trying to make a new friendship with (as long as it is nothing rude or repulsive) and allow a conversation to develop naturally. Most people make new friends easiest with others who share their interests so let your interests appear in your conversation with people to see if they respond to you. For instance, "did you watch that show last night? The one about the casino? I liked it because it featured poker which I am really good at..." you know, just say whatever you are really feeling. Eventually you will meet like-minded individuals so long as you initiate contact with people. This might mean leaving your comfort zone and searching out places to be sociable like interest clubs or nightclubs. If you need to read an article about how to make friends, chances are you have difficulty in either being yourself, or initiating contact with people. Don't be anxious, everybody has bouts of loneliness in their lives, it's how you deal with it that determines how fast your social life improves. Maybe, you want to learn how to make new friends because you are tired or dissatisfied with your current mates. Maybe, you feel you would like to hang with hipper more exiting people. The same rules apply, be yourself and initiate contact. It's as simple as that. You can also go further to make yourself feel better like making sure your appearance is nice (never overdress, just be clean and presentable) and you can also try a whole range of ways to be around other people to initiate contact with like throwing a party and inviting people you meet during the week. Generally, in the course of being yourself and providing you are around some

people with similar interests and you try talking with them, you should find how to make new friends fairly quick and fun. Make new friends at your work, if you work alone visit bars and clubs. Make new friends at your place of study, if you study alone then join interest clubs or search for friends online. Take walks around your neighborhood and introduce yourself to people you meet. Now if you are of a mind to make new friends with certain type of person, then consider where he or she is likely to frequent and go there yourself. What about sports clubs and events? Be open, don't cut out people when you talk with them, turn slightly towards them and make eye contact. Be easy and have a good time with it.

Find out more from

<http://www.howtosite.net/articles/how-to-make-new-friends.html>

How To Make Friends (part 2)

Making friends, especially if you are new to an area can sometimes be a daunting task. When I moved to a new city I found it hard to make friends and relied on my sister who also moved there. After she moved I was left on my own devices to learn how to make new friends. Some things that I found were good ways for making new friends was to join some clubs. I started playing for a friendly softball team made up of mixed women and men. Although it was a team originating from my sister's work, you get to meet other people there too like your opponents. In fact I know someone from my team who met a new friend and now he married her, and they were from an opposing team. After a game you can go out with each other for a drink of beer and chat. Joining a gym is another good method on how to make good friends. If you want to know how to make female friends in particular, you should consider regularly participating in the aerobic classes. They can be more socially inclined from the main gym weights and equipment area as often you get to buddy up with someone for some of the aerobics exercises. In particular if you do a boxing class. Turn up a few minutes early to classes and you even get to chat and mingle with new friends that you have made.

If you are not the sporty type of person, there are other ways on how you can meet and make friends. Look for an activity that you like, and then go out and join a related club, may it be roller-blading or roller-skating then go to where a lot of people do this such as a roller-rink. If you are into computers or computer games, consider going along to a computer club or a big games meeting in your area where people take along their PCs and meet each other. If you want to make friends with the opposite sex, consider joining dance classes (especially if you are a man). Then with your new class mate friends you may go out on the town afterwards for dancing and more friendship making.

No matter what activity or event you enjoy and choose to go to, it is important to smile. Meeting friends is much easier if you smile. How hard do you think it would be to make friends with an sad looking or a scared face. Other people have feelings to and they are less inclined to make friends with you if you are not looking happy and cheerful. I know it may sound silly but practice smiling in the mirror. It can be a great help on your road to making friends. After you have made eye contact with someone and exchanged

smiles, make sure to compliment them on something. If you playing a sport like softball, say something like “good catch” or “good hit” even when practicing. Maybe you are out roller-blading, say something like “hey, nice roller-blades”. Or simply compliment them on their shirt, or car if you are out in the parking lot after going to a club. They will remember you more next time and will make it easier next week to continue building a friendship with them.

Recently I was out at a night club chasing the girls and all and as a guy, I made a new friend there who is a guy. We both enjoy the same thing... meeting and dancing the girls at clubs. So if you are out on the town trying to make friends with the opposite sex, don't discount making friends with your same gender because now that I have a good night club buddy, it is now more easier to meet and discover other new friends.

<http://www.howtosite.net/articles/how-to-make-friends.html>