



The Power of Silence

As the saying goes, "it's the quiet ones you have to look out for." Now, this saying could be seen as a negative comment about people who are quiet, but it is actually a comment on how influential quiet people can be. It is often said that quiet people have the loudest minds. There are many benefits to being silent and thinking before you speak.

When someone comes to you to vent or to confide in you, you want to be able to let them speak their mind without interjecting your opinion or trying to sway the conversation to be about you. When you can genuinely listen and let them speak, they will realize that you truly care and the relationship can be deepened. When you are quiet, you take the time to formulate a wise and intelligent response, instead of just saying the first thing that comes to mind, which is not always the most intelligent. If you are not always interjecting your opinion and you take time to think about what you're going to say so that what you do say is wise, people will respect your opinion. When you speak, people will listen.

Silence is a virtue. It can be very difficult to sway someone to change their opinion. In fact, it may be impossible. It would be even more impossible if you are belligerent and unwilling to listen to what the other person has to say. Others are more willing to consider your opinion if you allow them to state theirs without getting upset or interrupting. The world needs both extroverts and introverts. It is a delicate balance. However, silence can be a powerful tool to influence the way people perceive you. Knowing when to hold your tongue and when to speak your mind can make a major difference on how you influence people. Take time to listen, formulate your opinions and see what a difference it can make in the way you communicate.