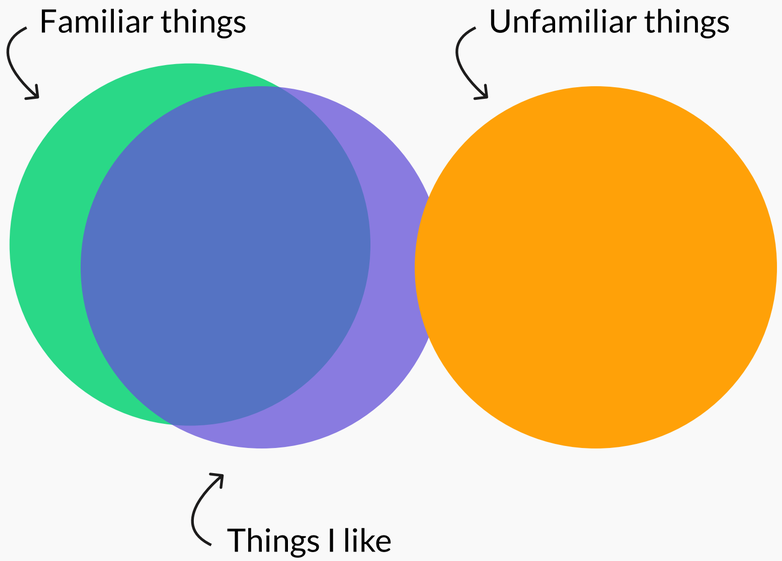
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How to be liked by everyone at work?

Our brain influences us in choosing whom to trust and whom not to. However, it often gets it wrong.



Mere Exposure Effect

Do you know the **mere exposure effect**? It's the psychological phenomenon where people tend to develop a preference for things simply because they are **familiar with them**. What? You think you're not influenced by it? Then try the exercise below!

01 Grab a sheet of paper and divide it in half.
Now, take a pen.

02 Think of the most likable person at work. Answer the 8 questions on the back: for each 'yes,' mark an X on the first side. Now, flip the paper.

03 Now think of the least likable person at work.
Answer the same questions and mark the Xs.

04 Open the paper and compare. Does the second person have fewer Xs? Maybe it's not dislike, just a lack of familiarity!

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The eight questions to find out if it’s true dislike or just... a lack of mutual knowledge!

Think of two people: the one you like most at work and the one you like least. Who got more 'yes' answers?



- Have you had a structured one-on-one with this person in the past month?
- Do you know how this person prefers to receive feedback?
- Have you given feedback to this person in the past month?
- Does this person know how you prefer to receive feedback?
- Have you received feedback from this person in the past month?
- Do you know their five-year career plans?
- Do you know if this person has a hobby or personal passion?
- Do you know if they have pets?