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How are you feeling right now answers

1 Reply with Fine, thanks or I'm good, thanks. You can use these answers if you're talking to someone in a social situation you don't know well, like an acquaintance at a party or someone you have just met while out and about. [1] You can also use these answers if you are talking to someone at work, such as a colleague, customer or your boss. 2 Answer with Not Bad or Can't complain if you want to face a positive and friendly. You can also say Not Too Shabby or Things Are Good. These answers are a good way to present a positive demeanor to a colleague, customer, boss, or acquaintance. 3 Say I'm okay, thank you if you aren't feeling good, but want to be polite. If you are feeling sick or a little ill, you can use this answer to let the person know that polite way. The person can then move on with the conversation or ask you more probing questions. [2] It's a good answer if you don't want to lie about how you feel, but you don't want to be too honest or personal with a person. 4 Contact the person when you reply. Engage with them by looking them in the eye when you answer their question, even if you are trying to be polite or short with your answer. Keep your hands relaxed on your sides and your body turned to them to show positive body language. It sidwaks them to feel more easy in conversation. [3] You can also smile or nod if you want to look friendly. 1 Give a detailed answer in response to a close friend, family member, or your partner. These are probably the individuals you are close with and trust on a personal level. Tell them how you feel in a more meaningful and detailed way. You can also be honest and tell a colleague or peer you are close to how you are actually feeling. 2 Say how you feel. Answer by saying: In fact, I'm feeling... you know, I have a feeling... If you are feeling depressed or going through a tough time, you might as well mention that to your loved ones can help you. [4] For example, you can answer: In fact, I've been feeling a little down lately. I think I might be struggling with stress and anxiety if you are not feeling well or as yourself. You can answer: You know, I feel great. I finally have a job I love and I feel more confident these days if you are feeling positive and happy. 3 Give a detailed answer when the doctor asks: How are you? Let them know if you are not feeling well or have a health issue that is bothering you because it will allow them to treat you properly. [5] You should also give an honest answer to all other medical professionals, such as a nurse or medical professional. If you are not feeling well, they need to know that so they can help you feel better. 4 Say Not great or I think I'm coming down with something if you are feeling bad. This response will allow you to be honest and let the person know you are not feeling well. They may Ask you more questions and show compassion for how you feel. [6] Use this answer only if you want to talk to a person about your illness or illness. This is usually an encouragement for another person to learn more and try to make you feel better. 5 Wrap up your reply with Thanks for asking. Let the person know you appreciate your question and the desire to hear your long answer. This is a good way to end your response to a positive note, even if your response was about how you're feeling negative or not good. You can also say: I understand that you asked as I was, thank you or Thank you for listening. 6 Ask the person how they do it. Show the person you want to engage in a deeper conversation by asking How are you? after you have answered their question. [7] For example, you can say: I'm fine, thanks for the question. How are you doing? if I'm all right, thank you. How about you? For some people, if you ask them the same question, they can nod and say, I'm good or I'm fine, and then come on their way. Don't have the courage, asking how someone does sometimes is not accepted as a real call to say a lot. 1 Takes into account your relationship with the person. If you are a close person and have spoken to them about personal experiences or feelings before, you may find it helpful to give them a detailed answer. If you don't know a person well, like someone you're working with or know through a friend or family member, you can keep your response short and polite. [8] You can give a detailed answer if you want to develop your relationship with and approach a person at a deeper level. Be wary of opening just because you feel uncomfortable and don't really feel close to the person. 2 Pay attention to when and where the person asks: How are you? If a person asks you to hire a coffee maker, they can expect a short, polite response that is suitable for an office setting. If a person asks you for more drinks or dinner after work or school, you can give them a more detailed, personal answer. If you are around other group settings, you can choose a short, polite answer, as you may not be appropriate, so you can give a long winded or personal answer in front of others. In most cases, if you are among friends or family, giving a detailed answer can be fine. If you are around colleagues, peers, or authority figures, a more polite, short answer may be the way to go. 3 Pay attention to the person's body language. Note that if a person keeps eye contact with you and stands still, with your body turned to you. These are usually signs the person wants to connect with you on a deeper level and have a conversation with you. [9] If a person does not contact the eye or briefly communicate with the eyes and walk around you, they may not be interested in a long chat. In this case, you can choose a short, short answer, so that the situation will dissipation awkwardly. Add a new question How do you answer what happens? Heston, LCSW Clinical Social Worker Klare Heston is a licensed Independent Clinical Social Worker in Ohio. She received a Master's social work from The Commonwealth University of Virginia in 1983. Depending on how well you know the person you might just want to say: Everything is good. If you are close, you can tell what is really up (if something great is really up with you). Question How do you answer: How is your health now? Klare Heston, LCSW Clinical Social Worker Klare Heston is a licensed Independent Clinical Social Worker in Ohio. She received a Master's social work from The Commonwealth University of Virginia in 1983. If you don't want to get into any details, you can simply say: That's right, thanks for asking. If you feel like explaining more about what's going on, please do so. Question What does What do you do?? Klare Heston, LCSW Clinical Social Worker Klare Heston is a licensed Independent Clinical Social Worker in Ohio. She received a Master's social work from The Commonwealth University of Virginia in 1983. Many use a phrase like this as just an occasional comment/question. You can keep it light if you don't know the person. You can simply say: I'm good. Question What if I'm sick and someone asks about my condition? Tell them how you feel right now. For example, you could say: I felt very sick yesterday, but I'm better off today, thanks for asking. Question What should I say if I have a headache? You can just be honest and tell the person that you have a headache. There isn't really anything wrong with that. Question Is it good to tell someone my real problems when they ask how I am? It depends on who you are talking to. If a person is close to you and isn't too sensitive, it's good to trust someone you trust. However, acquaintances and people who you don't know, well might find you talking about your problems a little embarrassing. Instead, you can let them know that you don't have a very good day, but thank you. If they ask why, and you're comfortable enough, you can give a brief description of what bothers you. Question How can I tell someone I'm really worried about something that I shouldn't be afraid of? Just be honest with them. Tell them what it is that you are worried about and why you are worried about it. They can help you or at least provide some comfort or relief. Ask a question this article was co-written by Klare Heston, LCSW. Klare Heston is a licensed independent clinical social worker in Ohio. She received a Master's social work from The Commonwealth University of Virginia in 1983. This article has been viewed 241,801 times. Co-authors: 8 Updated: July 18, 2019 Views: 241,801 Categories: Negotiating Skills | Answers questions | Greeting People Article SummaryXTo answer when someone asks how you are, says Fine, thank you or I'm good, thank you if you answer by accident. If you want to face as positive or try something like Not Bad or Can't Complain. Make Make when you reply to show that you are focusing on them. When a friend, partner or family member asks how you are, give a more detailed answer about how you feel. For example, if you have a tough time, say: You know I haven't been feeling too good lately. I think I might be struggling with stress and anxiety. After you've explained how you are, at the end of your response positively, thanked another person for asking that show that you appreciate its care. In addition, ask them how they are to let them know you are interested in their feelings. Tips from our Relationship co-author on how to decide whether to respond with a detailed or short answer, keep reading! Print Send fan mail to authors Thank you to all authors for creating a page that has been read 241801 times. Times.

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