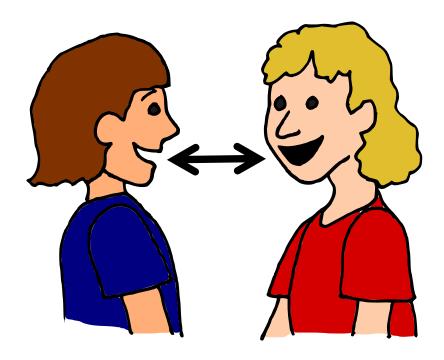
Am I Interrupting?



Sometimes people are talking,

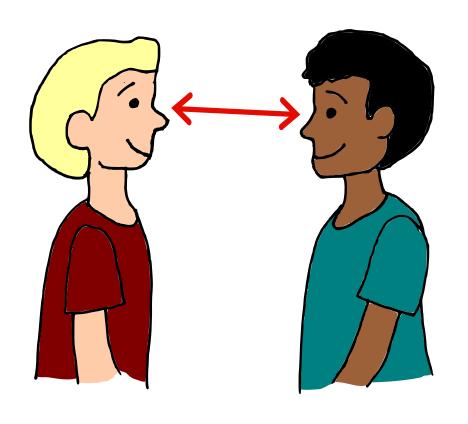
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or busy and you need to get their attention.



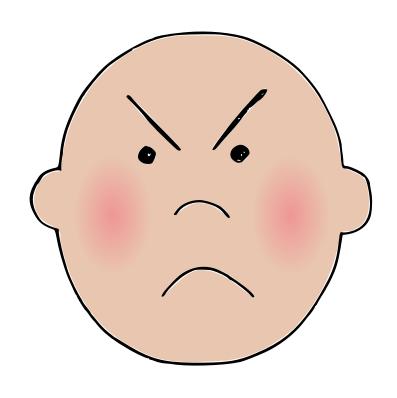
First, look for clues to see if you are interrupting.



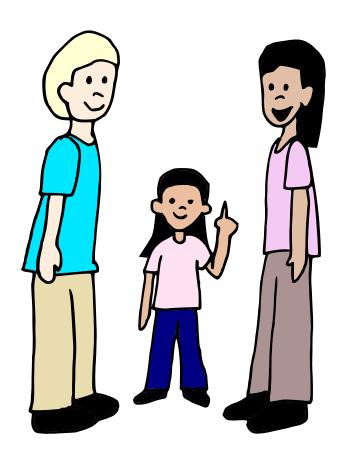
If the people are looking at each other and talking



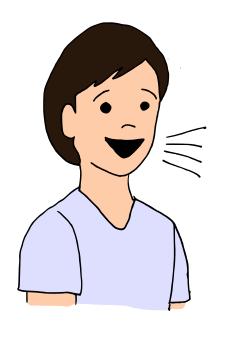
this is interrupting.



When people get interrupted, they can feel frustrated.

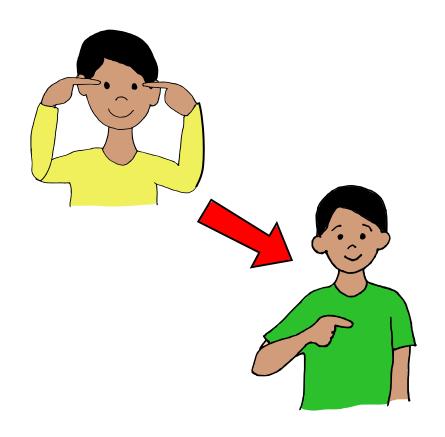


Instead, stand near the the people you want to talk to.





Listen for a break in the conversation. Say, "Excuse me," once.



When the people look at you and say, "Yes?"



Now, it's your turn to talk.