



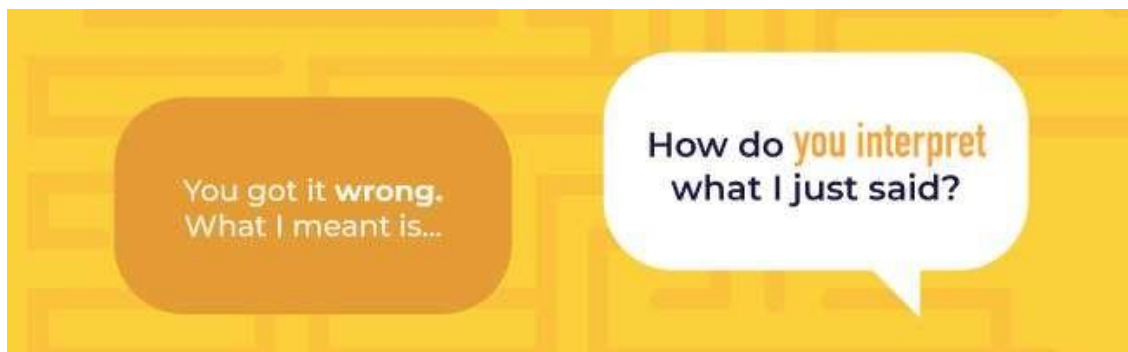
"That's not what I meant", "You're overreacting", "This conversation is pointless", "How could you do this?". Do you see it?

Be they small or big, misunderstandings in relationships are common. We may experience it in any relationship - partner, parent, sibling, friend, or especially with your team.

But why should we be concerned? Experts say that while misunderstandings are opportunities to learn about each other, they can

- Damage relationships if they are not handled effectively
- Causes stress which influences our physical and mental well-being.

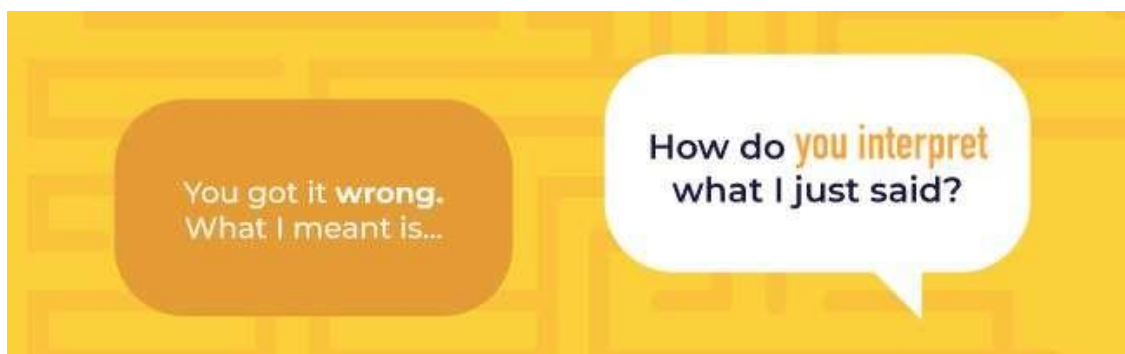
Now the good part is misunderstanding knots can be untied. Here's how -



### **Who misunderstood who?**

First, assess the situation. Is it you who has misunderstood the other person or you

yourself feel misunderstood? Ask yourself - "Why did I say that?", "What led to the disagreement?" etc. Such self-introspection, as per Experts, helps with perspective leading to empathy.



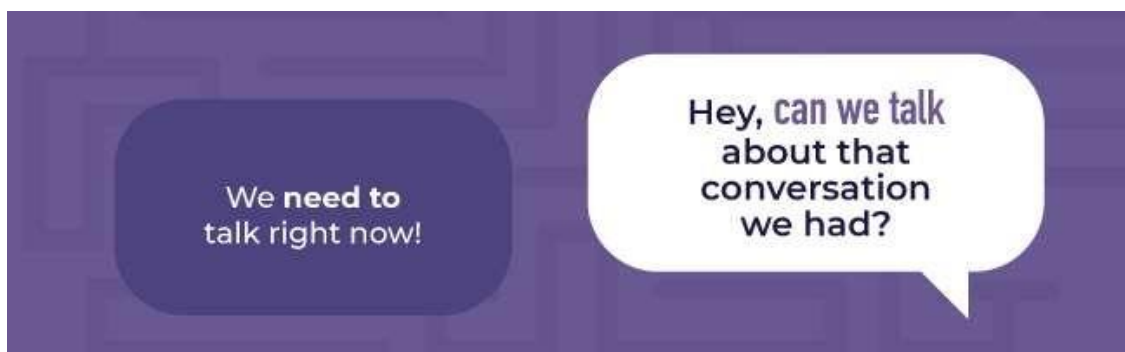
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### **Break the transparency illusion**

'Transparency Illusion' is a belief that what we feel, desire, and intend is crystal clear to others. Instead of assuming, try communicating. Research says that people who express themselves more are ultimately happier and more satisfied with their relationships, careers, and lives.



### **Timing is everything**

To resolve misunderstandings, avoid discussing when the other person is angry, tired or

occupied. Experts suggest taking a step back and making a conversation only when both you and the other person have calmed down. This makes space for listening and understanding.



### **Choose “I” over “You”**

While approaching the opposite person to resolve misunderstanding, ensure that you use “I-statements”. Studies have shown that “I-statements” reduce hostility and defensiveness. Experts suggest writing letters to the other person expressing anger and throwing them to feel calmer.

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Everyone makes mistakes. What matters is how much effort you put in correcting them. Try these tips for yourself and even consider communicating them to your loved ones. If you feel your close ones can benefit by talking to a coach.

**CONNECT TO AN EXPERT**

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at [campus@yourdost.com](mailto:campus@yourdost.com)

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