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When what you say is misinterpreted or misunderstood

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Have you felt or thought, even if only sometimes, that what you are saying to another is not understood or interpreted in the manner you desire? I have felt so on a couple of occasions.

Reflecting on conversations I have had with some persons, I realise often times what I say is either misunderstood or misinterpreted. Examining what could be the cause and how it impacts me tells me that perhaps, I am not communicating intent adequately, or that the person has a certain impression or assumption about me that causes the recipient of my message to consider what I am saying as being inappropriate, or that the individual may be preoccupied with thoughts that are misaligned with what I am saying.

I also realise that in experiencing what I construe as a pushback, I tend to quickly get into a victim position. While it is important to not allow self to be overwhelmed by being misunderstood, it cannot be denied that we do experience pain and hurt.

I do not have an antidote for this, yet believe that the only way I can preserve and restore when I experience being misunderstood or misinterpreted is to seek within and ask if I have been fair, honest, well meaning and genuine, and if so, let go of how I am being assessed. In so doing, I am able to bounce back with resilience.

'Resilience therefore isn't about having a backbone; it is about strengthening the muscles around our backbone. Resilience is the strength and speed of our response to the pushback we experience.'

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