



Be Inquisitive

I believe that 99.9 % of all discord stems from misunderstanding.

To be inquisitive helps to shift perception, create peace and intimacy, resolve conflict, and show you care.

The question to ask yourself is: "Do you want to be right or do you want to be happy?"

What if we treated every disagreement as if it was a misunderstanding and that our job is to get to the bottom of it?

If you are in a disagreement, feel misunderstood, judged or as if you are "right" and the other person is "wrong;"

Step back, take a couple of deep breaths and ask questions, with an open heart, seeking to understand. Be coach-able and willing to listen to learn something new. What if their wants and needs are different than yours, wouldn't you want to know that?

Such as: "What makes you see it that way?" ***Rather than:*** "Why did you say or do that?" Looking for the possibility that there is something you may not be seeing in the situation.

One of the best gifts you can offer yourself and those around you, are to give your full attention with an open heart.