

## Understand

Do we understand?

When something does not make sense to us, it may well be that we do not understand. We may not have all the facts, the background, and the history to understand what is or is not being done.

If we don't understand, we just have not done enough research.

Our understanding is based on what we know, what we see, and what our history has been. While that is the same for all of us, we have to understand we are all different. We all see the same thing, and we all see it differently. We all filter what we see and hear, and we all filter it a little differently.

Take the time to understand what the other person is saying or trying to say. Taking the time to understand will build respect, and you might even change your mind when you understand all the facts as seen by someone else.

Do not assume the other person is wrong and does not understand if they do not agree with you. You may be wrong, or it may well be just a difference of opinion. Differences are what the world is made of. We all understand things a little differently from one another.

Understand that you are right based on your assumptions, and so is the other person based on their assumptions. Take the time to listen to and learn the other person's assumptions, and you might just change your assumptions, or they might change theirs. Or, you might agree to disagree while having a better understanding of the differences and how they occurred.

Often we do not take the time to understand another. We might not have the time to listen and understand, but too often we have the time to fight and protest the other person. Would it not be better to take the time in the beginning to see if we can come to an agreement after understanding the other person and their point of view?

If we walk in another's shoes or live their life, we would better understand them and their thought process. Taking the time to understand another gives us great insight. The understanding is the starting point of agreement and compromise.

Where should we start to practice understanding? Perhaps the first and best place is right at home. Perhaps we can listen to our spouses and children. It will make for a more harmonious home life. Then, we can practice understanding at work. We can accomplish more and mutual respect will grow.

Now do you understand the value in taking the time to understand?