

6 February 2026

CHANGING FOCUS

Attention is the brain's trim-tab. There are three ways to take charge of your own trim-tab that will facilitate connecting with others:

- Changing The Noun "Relationship" To The Verb "to Relate"
 - Identifying discoveries instead of certainties
 - Identifying "Differences as difficulties" to "differences as resources"
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- Changing The Noun "Relationship" To The Verb "to Relate"

A relationship is a thing. It does not express or represent the emotions invested in it. Are relationship issues, or people having relationship issues? "I have issues in our relationship" is real and personal.

- Identifying discoveries instead of certainties

"The second trim-tab of attention involves realising that relating to another person is an ongoing process of discovery, rather than following a memorised formula."

- Identifying "Differences as difficulties" to "differences as resources"

Do you believe that

There is one right way to communicate.
There is one right way to understand.
There is one right way to learn.
There is one right way to trust.

You are mistaken. Those are biases and barriers.

SOURCE: "**Reconcilable Differences Connecting is a Disconnected World**, written by Dawna Markova, Ph.D. and Angie McArthur.