

Your Virtual Guide to improve your
Mental Health and Wellbeing.

Tips to feel better and understood

This self-help guide was made to help
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for
a **Psychological Coaching** with our Clinical
Psychologists.



WHAT CAN I DO IF I DON'T FEEL UNDERSTOOD?

Feeling that others can actually understand the meaning of your words and actions is essential for a long-lasting sense of safety and well-being:

When you feel misunderstood it is highly recommended to seek help, especially because it gives you the chance to experience what it feels like to be understood by someone else. You can use the following recommendations to start feeling more heard.



RECOMMENDATIONS TO MAKE YOU FEEL BETTER

1. **Try to communicate with more clarity.** Really pay attention to the way you speak. Do you talk too fast? Do you constantly ask questions so that others barely have time to ask you about yourself? Are you agreeing with things you don't like and leaving the wrong impression? If you are not sure, it may be helpful to record yourself having a conversation and listening to it later.

Also pay attention to whether you start your sentences with "I think/feel", or "You did/said" or "You made me feel". The use of sentences in which we begin with 'I' invites other people to communicate with us, but sentences that begin with 'you' tend to make the other person feel guilty or defensive and this pushes them away. Also, if you're not sure if you're being understood, just ask!

2. **Change your body language.** Your body language says almost as much as your words. Don't cross your arms when you talk to others, it shows that you're not receptive to what they are going to tell you. Try to relax your shoulders and gently smile, this will give the other person confidence and it will make the conversation more enjoyable.
3. **Slow down and change your perspective.** When we are nervous, we tend to go back to habits we have already outgrown, including the habit of assuming you are not being understood. If you sense the thought of: "no one understands me" coming up, step out of the situation and take a moment to calm down. Take a couple of deep breaths, maybe even a 2-minute mindfulness break.

Then, from your new and calm perspective, ask yourself: did they really not understand me? Or am I upset about something completely different, such as that they disagree with me or that I've had a stressful day? In what ways did they show that they were trying to understand me that I may have just overlooked?

4. **Make time for yourself and try to work on getting to know yourself better.** The more you understand about yourself, the more clearly you will appear to others, and the more they will be able to understand you. So spend time learning about yourself. Make lists of your likes and dislikes. Notice what things really make you happy during a normal day versus what you think should be making you happy. Start paying attention to how you really feel about things.
5. **Learn to appreciate what others do for you.** Being misunderstood can also be a habit to the point where you don't even realize that people are trying their best to understand you. Or maybe they are providing you with other equally important things, even if they can't easily "get" you. Shift your focus to what they're doing for you. Are they good listeners, did they spend their time helping you, do they always take your calls, do they always pay attention to you?
6. **Embrace the power of acting "as if".** If you feel misunderstood by someone, try asking yourself, how would I treat them if I felt understood? and move on. Trying to change the way you are acting by perhaps being less distant or just standing still is better than getting angry and walking away. The other person's behavior can often change with yours.
7. **First, be understanding of others.** At the end of the day, if you are not understanding of others, why would they be understanding to you?

Take a good look at your listening skills. Are you taking in what others are saying without interrupting? Are you accepting their opinions or constantly offering advice without being asked? Are you asking them thoughtful questions about what they said, or just jumping in with a story about yourself that relates to what they said?

8. **Acknowledge that we are all unique.** The truth is that we are all unique, with our own particular way of seeing the world. It is simply not possible for someone to understand you entirely, or for you to understand someone else entirely. The only person who can understand yourself completely is you.
9. **Work on your self-esteem.** If we want others to understand us, we must believe that we deserve to be understood. And for that we need a sense of self-esteem. Be committed to challenging the inner critic in your head. Start noticing the good things about yourself. And when someone gives you a compliment, don't ignore it, accept it. There are also many excellent books on self-esteem, some readings can help, and so can a therapist.