

How To Be Misunderstood and Stay Emotionally Free

QUESTION:

How do I keep my peace when others misjudge, twist, or refuse to understand me?

ANSWER:

Being misunderstood is inevitable. No matter how carefully you explain yourself, some will choose not to hear your truth. The key to freeing yourself from being misunderstood is releasing the need for approval and anchoring yourself in truth. Here's how we do that:

1. Accept That Misunderstanding is a Human Constant

You cannot control how others interpret your words, actions, or choices. People filter reality through their own fears and beliefs. Their misunderstanding is due to their lens – not your failure to communicate clearly.

2. Stop Explaining Yourself into Exhaustion

Over-explaining is often an attempt to control how others see you. The truth is if someone is committed to misunderstanding you, no explanation will change it. Save your energy for living, not defending.

3. Anchor in Self-Validation

When misunderstood, ask yourself: do I know my truth, do I trust my heart? If the answer is yes, then no external distortion can take away your freedom.

4. Release the Urge to Be Liked By All

Freedom comes when you realise you do not need universal approval. The right people will understand you. The rest are not your responsibility. People who mind don't matter, people who matter won't mind.

5. Practice Stillness in the Face of Misjudgement

Instead of fighting to correct every false narrative, learn to pause and stay silent. Stillness is power. Misunderstandings often collapse under their own weight when you stop feeding them.

6. Are You Misunderstood, Or Being Gaslighted?

Some people do love to play a game or two, don't they? It may be that you're not misunderstood, but that they like 'poking the bear'. You become more red-faced and tongue-tied as you attempt to unravel their 'misunderstanding' as they smirk at your discomfort. Remember this next time someone claims to misunderstand you and stop yourself from explaining. If they don't get it, they're not for you anyway.

Affirmation:

I do not exist to be understood – I exist to be free.

Journal Prompts:

1. What situations trigger my fear of being misunderstood?

2. Who do I over-explain myself to and why?
3. How will I stand by my truth, even if others deny it?
4. What freedom would I feel if I stopped needing everyone's approval?
5. How can I practice stillness when I feel misjudged?

Visualisation:

Imagine a group of people telling you that you're misunderstood. They're projecting their opinions at you like arrows. Instead of piercing you, the arrows dissolve mid-air. When they realise their arrows are not reaching you they give up and walk away leaving you untouched, smiling, breathing freely, and rising above their misunderstandings.

Conclusion:

Being misunderstood is inevitable for people who speak up and share their opinions. None of us are everybody's cup of tea but we're doing our best to be understood by the people who want to give us a chance and listen. When you stay anchored in your truth, you won't be misunderstood. Your faith in your intention is unshakable.

Final Thought:

Clarity and acceptance within yourself is worth more than acceptance from others every time.