# Changing the Temperature
# Show Notes for The Fun Road Podcast:

How do we change our temperature?

In life, when communicating with others, do you ask yourself what your temperature is? Sometimes our miscommunication becomes no communication. We feel as though we already know the truth, when really we are just assuming the truth and we don't know the facts.

Miscommunication can lead to resentment. Resentment is giving the other person power. You decide who you want to give your power to.

Often times we forget that we are the ones who are in control of our thoughts and actions. We think that by resenting someone, they are the ones suffering when in reality, you are the only one suffering from it.

Sometimes we find ourselves in situations where it is hard to forgive. Do not give power to a problem you can not change. Forgiveness is for yourself. You can change your thoughts and actions. You can change your temperature.

Steve and Kass talk about their own ways in which they used these strategies to help them in different situations

You can make the decision of what you allow in your life. Set the temperature for better communication.

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