

FamilyLife Blended® Radio Transcript

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Check Your Confirmation Bias at the Door

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Ron: I suggest you check your confirmation bias at the door.

Announcer: For FamilyLife Blended®, here's Ron Deal.

Ron: I love in marriage counseling when I can help one person who is feeling unloved to realize that their partner really does care. You see, sometimes the person who feels unwanted fails to recognize all the things the other person has been trying to do to communicate their love. They can't see it because of their confirmation bias, that's their tendency to only see things that support their belief that they are not loved.

Look, we all have bias in relationships. Once we form a perception about someone we interpret their behavior in a way that supports our perception. We freeze frame them. Well, now I'm part of the problem. For FamilyLife Blended, I'm Ron Deal.

Announcer: To find out more visit familylifeblended.com.

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